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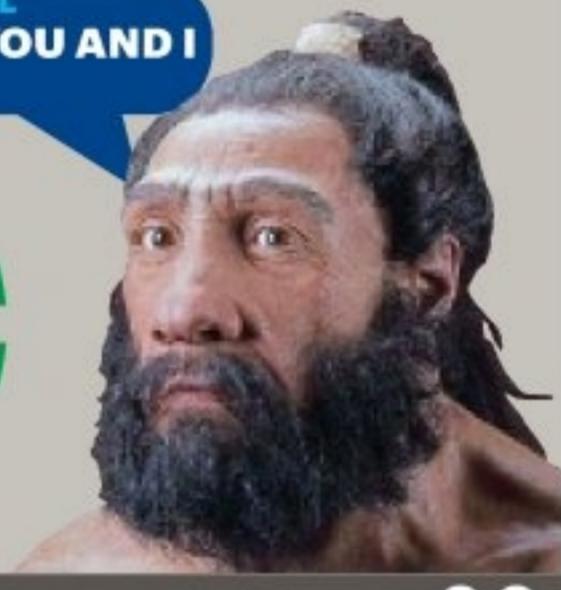
Halifax **met**ro

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Indigenous students Kristen Carew, Matthew Hughson, and Jessica Dupuy pose in the Aboriginal Student Support room at Millwood High.
PATRICK FULGENCIO/
FOR METRO



'WE ARE AS EQUAL'

Halifax students calling for daily acknowledgement of
Mi'kmaq territory in Halifax schools

metroNEWS

Clock tender ticks off some

HISTORIC LANDMARK

'Inauthentic'
materials will
make it look
fake: Group

 **Yvette
d'Entremont**
Metro | Halifax

A tender call for work on Halifax's iconic Citadel Hill town clock has upset the Heritage Trust of Nova Scotia.

At issue is the plan to replace the clock's existing wood columns and cornices with fibre reinforced plastic and its wooden windows with aluminum clad windows.

"Basically these are materials that would not have been in the original structure and which will appear very cheap and fake," said Andrew Murphy of the Heritage Trust of Nova Scotia.

"It's about respect for our heritage. The town clock would be in the top 20 or 30 iconic

buildings in Canada and it's owned by the federal government. You would think that they would want to maintain it in an authentic fashion."

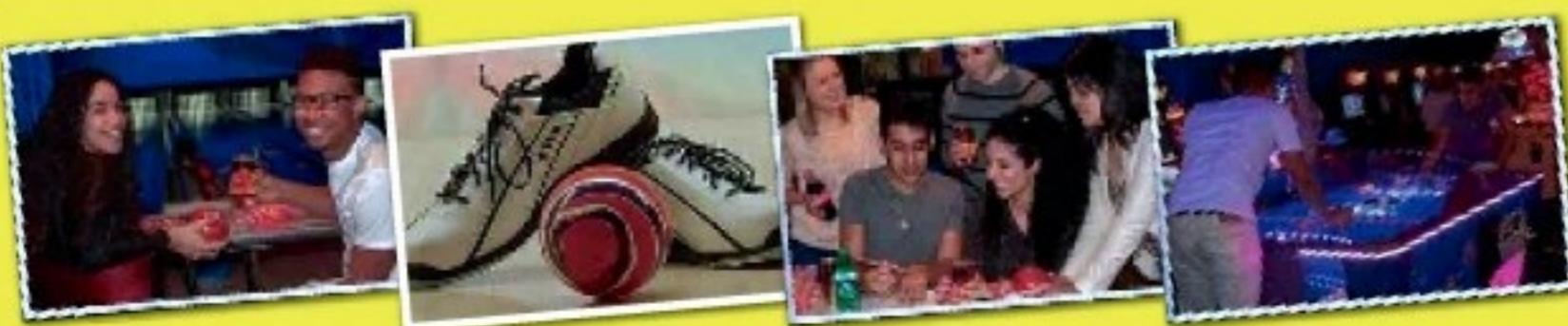
The heritage group sent a letter to Parks Canada officials on Monday. They're requesting specifications for that portion of the project be reviewed and redefined before the contracts are awarded.

The tender closes on May 4.

"The federal government is spending very, very many millions on the Parliament buildings at Parliament Hill. Nobody is suggesting there that they replace it with concrete and mactac," Murphy said.

"One can always do something cheaper, but whether it's appropriate or not is an entirely different matter...It's an iconic tourism beacon for our region so we should probably make sure it looks good."

A Parks Canada representative returned Metro's call on Wednesday afternoon, but was unable to provide a response to the Heritage Trust's concerns by press time.



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No tapping out in water fight

RESOURCES

Seeping anger as woman lays charges over contamination



Julianne
Steeves

For Metro Halifax

Marlene Brown doesn't know what's coming out of her tap, but she knows it isn't good.

The Harrietsfield resident has been fighting to have clean water for more than a decade.

The now-closed nearby construction debris recycling facility, RDM Recycling, has been leaking dangerous contaminants like uranium and cadmium into the groundwater, seeping into Brown's and other people's wells.

Around her, Brown said people are moving away because there isn't an end in sight.

"A lot of my neighbours are gone now," said Brown.

In addition to the contamination, Brown said the wells haven't been tested since Water Monitoring Program stopped looking at the water of 18 Harrietsfield homes in December 2015. For over a year, Brown hasn't known the extent of what's contaminating her water.

Despite an order from the province in 2010, a cleanup still hasn't happened.

Brown walked in to Halifax provincial court on Wednes-



Marlene Brown says her neighbours have left the Harrietsfield area as a result of contaminated water. PATRICK FULGENCIO/FOR METRO

day morning with East Coast Environmental Law (ECELAW) members, and lawyer Jamie Simpson to lay charges against

the companies she says are polluting her water, in what she called a last resort since government hasn't taken action.

This is the first time private prosecution has been used in Nova Scotia to enforce environmental laws.

On Wednesday, Simpson, Brown and Lisa Mitchell of ECELAW were working to file the charges, but because this

We don't know the exact extent of what's happening right now with the contamination.

Jamie Simpson

is first time this has been done in the province, they needed some additional documents to follow through with the private prosecution.

Brown said that some of her neighbours are facing tumours, cancers, and liver and kidney disease.

It's even affecting pets, said Brown.

Brown's neighbour had one dog die of liver cancer, and another dog has a tumour.

The vet has said there's nothing they can do, Brown recalled.

Simpson, Brown's lawyer, said he's especially concerned that about the lack of monitoring.

"We don't know the exact extent of what's happening right now with the contamination," he said.

After the charges are filed, Simpson said the province can stay the charges, take over prosecution, or they could let them continue with the charges.

"One way or another, ultimately we want to see the contamination addressed and the site cleaned up," said Simpson.

The group said the cleanup is estimated to cost \$10 million.



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Schools move to acknowledge Mi'kmaq territory, students

TRUTH AND RECONCILIATION

Board looks at recognition in morning announcements



Patrick Fulgencio
For Metro | Halifax

Daily acknowledgement of Mi'kmaq territory in Halifax schools could be a reality soon, and beyond the words of the acknowledgement, this means much more for Indigenous youth at Halifax schools.

"It's a big deal, it's a very big step in the right direction," said Matthew Hughson, an Indigenous Grade 12 student at Millwood High School. His school has the highest percentage of Indigenous students in the Halifax Regional School Board — about 10 per cent.

School board members on Wednesday were set to discuss a proposal asking staff to bring back a report with more information around a Mi'kmaq acknowledgement to be read out as part of morning announcements.

"It would mean a lot to me," said Hughson. "It would definitely mean a lot to my friends and family. If it doesn't open the door for conversation then we could review it later, but it's worth the try."

Another Indigenous Grade 12 student at Millwood, Kristen Carew, thinks the announcement means an educational opportunity to generate discussion about Indigenous history and heritage.

"Not only for us," Carew said. "I feel like it's more so for the general population so we can all come together. By acknowledging our land, maybe they'll look more into it."



Indigenous students Matthew Hughson and Kristen Carew are happy that their school, Millwood, might be among those acknowledging Mi'kmaq territory as part of morning announcements. PATRICK FULGENCIO/FOR METRO

It's a big deal, it's a very big step in the right direction.

Matthew Hughson

While a step in the right direction, both Carew and Hughson agree it's not enough. Hughson wants more opportunities for Indigenous students to exercise their traditional culture, so others can be exposed to it.

Carew and Hughson said they've been bullied because they identify as Indigenous. They agree that it is a common part of growing up Indigenous, and they've never met a self-identifying person that had only good experiences with the general

population. They attribute that to a lack of education.

The daily acknowledgement, they said, could pave the road to educating others — something the two students take pride in.

"By putting something like this in place, you'd cut down on the amount of ignorance," said Hughson.

Jessica Dupuy is an Aboriginal student support worker at the school.

She talks about Indigenous issues with anyone who will listen. Carew says these conversations make her feel more legitimized as an Indigenous person.

Dupuy said students have sometimes shied away because they deemed themselves "not

Indigenous enough."

Carew, Dupuy and Hughson carry physical reminders of their pride in their heritage daily.

Carew wears a medicine pouch, Dupuy wears a necklace, and Hughson wears a ring.

They carry these accessories so that if anyone asks about them, it opens an opportunity for conversation about Indigenous culture.

"We're looking for a sense of validity," said Carew. "That we are as equal, as important and as represented as everybody else."

MEETING

Public input sought on Shannon Park trail

Residents can check out the concept plan for a new Canada 150 Trail through the Shannon Park lands at a meeting this week.

According to a Canada Lands release, the trail came about as a result of the public consultation process, and will be part of the country's sesquicentennial celebrations.

It also represents the first completed component of the Shannon Park project.

The trail will measure up

to 1,115 metres in length.

It will highlight the natural beauty of the site, commemorate the history of Halifax Harbour, respect the Indigenous and military heritage of the site, and also provide "stunning vantages" of the waterfront, according to the release.

The public meeting will be held at the Shannon Park School gym at 75 Iroquois Drive in Dartmouth this Thursday, from 7 to 8:30 p.m. METRO STAFF

Halifax DIGEST

ATTEMPTED ROBBERY Woman's purse grabbed in robbery attempt

Police are investigating an attempted robbery where two suspects grabbed a woman's purse. At 9:52 p.m. Tuesday, officers got a call about an attempted robbery call around Fenwick and South Park streets.

A 25-year-old woman was walking east on Fenwick Street past two men when they grabbed her purse. She struggled and yelled, and the men ran away without the

purse. There were no reported injuries.

The suspects were wearing dark clothing, sweatshirts with hoods up, scarves over their faces, and were between 5 feet 8 inches and 6 feet tall. METRO STAFF

SEARCH Drug bust results in trafficking charges

A Halifax man is facing trafficking and weapons charges after a search Tuesday. The Special Enforcement Section and Emergency Response Team

searched an apartment in the 5200 block of Gerrish Street and found crack cocaine, MDMA, marijuana, drug paraphernalia, a handgun and stolen laptops.

Michael Alexander Corkum, 33, of Halifax is charged with possession for the purpose of trafficking cocaine, possession for the purpose of trafficking MDMA, possession of marijuana, as well as multiple weapons charges and possession of property obtained by crime under \$5,000.

METRO STAFF

INFRASTRUCTURE Twinning highways to save lives

The Nova Scotia government's decision Wednesday to commit \$390 million over seven years to improve highways was welcomed with relief by the chief of a small rural fire department in the province's northeast.

Among the three sections of 100-series highway to be twinned beginning in 2018 is a 38-kilometre stretch of Highway 104 near Barneys River, which has seen at least 15 fatal collisions and 372 accidents since 2009.

Joe MacDonald, chief of the Barneys River Volunteer Fire Department, said the announcement by Transportation Minister Geoff MacLellan would not only save lives, but relieve the burden placed on his small cadre of volunteers.

"We've experienced our fair share of those numbers, probably more than the other departments, and it runs our volunteer firemen to the brink," said MacDonald. "It will help save us and retain members."

The funding, announced in advance of an expected election campaign, will also see the building of the four-lane Burnside connector between Burnside and Bedford in suburban Halifax.

The announcement came after nearly two years of study on the possible use of tolls as a means of paying for the work.

But MacLellan said feedback from 14 public meetings made it clear tolls weren't wanted.

"Now it's definitive. Nova Scotians are not interested in toll highways, but they want us to build twinned highways as quick as we can to the capacity that we can."

The twinning projects include:

- Highway 101, Three Mile Plains to Falmouth, including the Windsor Causeway (9.5 kilometres) at an estimated cost of \$90 million

- Highway 103, Tantallon to Hubbards (22 kilometres) at an estimated cost of \$140 million

- Highway 104, Sutherlands River to Antigonish, including Barneys River (38 kilometres) at an estimated cost of \$285 million

The funding includes \$30 million for safety improvements for highways not being twinned. That involves improving grades at intersections, adding passing and climbing lanes and adding turning lanes.

MacLellan said the government would also remove tolls from the Cobequid Pass between Amherst and Truro by 2019 — but only for Nova Scotia motorists.

THE CANADIAN PRESS

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POLITICS

Support for Liberals dips 15%, poll shows

As speculation of a spring election call later this week continues to build, new numbers show support for the Nova Scotia Liberals taking a big dip in the polls in the last quarter.

The quarterly Atlantic Matters poll from MQO Research, out Wednesday, shows 43 per cent of decided or leaning voters polled earlier this month said they'd vote for the Liberals if an election was held today, compared to 58 per cent in January — a decline of 15 percentage points.

The Liberals are still in the lead, but Jamie Baillie's Progressive Conservatives and Gary Burry's NDP are each up six percentage points to 27 per cent and 24 per cent,

respectively. Support for the Green Party among decided or leaning voters was also up, by one point to three per cent.

The percentage of those polled who said they were undecided is down slightly from January, from 30 per cent to 27 per cent.

Ratings of Premier Stephen McNeil's leadership are down as well, from a mean of 5.1 out of 10 in January to a mean of 4.7 out of 10 in April.

The telephone poll of 600 randomly selected eligible voters was conducted from April 4 to April 10. The margin of error among decided and leaning voters is plus or minus 5 per cent, 19 times out of 20.

METRO

HEALTH

Shortage of doctors will get worse: Experts

A group representing physicians in Nova Scotia says the province is dealing with a doctor shortage that is more acute than it has been in years and will only get worse as the population ages.

Nancy MacCready-Williams of Doctors Nova Scotia says there are 118 doctor vacancies throughout the province and that 1,300 of the 2,400 physicians currently practising are over the age of 50.

MacCready-Williams says the key will be a steady and consistent recruitment of doctors to replace physicians due to retire. The Physician Resource Plan, developed with Doctors Nova Scotia, says the province

needs to recruit 100 doctors a year for the next decade to deal with retirements and an aging population with increasingly complex medical needs.

Dr. Jeanne Ferguson, a geriatric psychiatrist, said the lack of doctors is being sharply felt at hospitals in Cape Breton, which is short vascular and thoracic surgeons, geriatricians, infectious disease specialists and psychiatrists.

She says one emergency room in North Sydney operates only from 8 a.m. to 3 p.m. most days, and closes sometimes on weekends when there are no doctors to work the shifts.

THE CANADIAN PRESS

Arena marks 50 years as part of community

FAIRVIEW

'It's not like coming to work,' general manager says



**Julianne
Steeves**

For Metro | Halifax

A Halifax arena is celebrating its 50th anniversary this year, alongside a man who has shared 37 of those years and felt the spark of romance on the rink floor.

Stuart Poteri, general manager for the Centennial Arena in Fairview, got his start when he was just 18, giving out roller skates. His father, Jack Poteri, had managed the arena since it opened. Poteri loved the job so much that he asked his father if he could work there full-time.

Since then, he's been meeting people, handling the ice, and now he's running the arena with the help of his wife, Michelle, who works as the administrative assistant. The couple met rollerblading at the rink 37 years ago.

"It's not like coming to work, it's like coming in and having fun all day," said Poteri.

On Wednesday afternoon, older couples bobbed their heads to the silvery sound of



A pair takes part in the senior skate at the Centennial Arena in Halifax on Wednesday.

PATRICK FULGENCIO/FOR METRO

Frank Sinatra over the speakers during an open skate.

Poteri spends his days doing the ice, maintaining the community hub, and greeting people who come through, "letting them know that there's somebody here that cares about them and wants to talk to them, not just coming in, taking their money, and getting out."

Poteri sees Fairview's kids grow up.

"You see them coming in when they're little ones and they come back as adults."

From the beginning, Centennial Arena was a community project, he said. It was built in part with pledges from community members.

That community dedication to the arena continues today. In the alumni game last Sunday, each jersey said, "Centennial Arena: Part of the community for 50 years."

+ DANCE

This Saturday, Centennial Arena is hosting a 50th anniversary dance at the Halifax Forum from 9 p.m. - 1 a.m.

Tickets are available at the Centennial Arena office in person or by phone, at Bubba Ray's, or at the door for \$15.

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Census stories come to life

CANADA 150

An interactive mystery game series travels to Pier 21

Yvette d'Entremont
Metro | Halifax

How much can you really guess about someone based on their name, birthdate and where they were born? Not very much.

That's the premise behind the Not Just Numbers game and event coming to the Canadian Museum of Immigration at Pier 21 this weekend.

Based on the popular escape room game concept, the interactive event is intended to highlight the shortcomings of the census.

"We were approached by a young researcher who had done all of this research on the census ... and he wanted to present it in the form of a workshop," said Gracia Dyer Jalea, founding executive director of Toronto's Ward Museum.

Wanting to open up the conversation to a broad group, not just academics and historians, the museum created an interactive game to share the research in an engaging format.

Halifax is one of several cit-

ies where 'Not Just Numbers: Representation in the Canadian Census' is being presented in time for Canada 150.

"The census to begin with is a very important document," said Dyer Jalea.

"It is used by historians to kind of frame our national narrative, and we want to show how there are gaps within that historical record, how there is a lot of guess-work involved in history and just to get people to think critically

about the census."

Participants are seated with a group and given an envelope with three basic facts about a person represented in a Canadian census.

"You're meant to answer

FREE EVENT

How to go

The free event is open to 200 people. It takes place from 1 to 3 p.m. this Sunday at Pier 21. Register on Eventbrite.

questions about who that person was and of course it is a very uncomfortable situation," she said. "How much can you guess with only three facts?"

The second envelope contains the actual census entry, which allows participants a further glimpse into the person's life: family members, community, who they were living with.

"The third envelope is everything you would never find in a census, so letters, photos maps, newspaper articles if there are any, literature," Dyer Jalea explained.

"All of the entries have been selected to trump what you would have thought based on that first envelope. The exercise is also hoping to challenge people's pre-conceptions and their personal biases and prejudices."



People participate in the Not Just Numbers launch at the Toronto Ward Museum. CONTRIBUTED

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Canada flees its tax havens

FINANCE

Experts say Panama Papers scrutiny 'may be paying off'

For the first time since 2011, Canadian businesses pulled their money out of tax havens, ending a five-year run when more than \$120 billion was stashed in the 10 most popular low-tax or no-tax countries.

The newly released Statistics Canada numbers provide the most concrete evidence yet that the Panama Papers may have had a chilling effect on the use of tax havens to minimize corporate taxes.

"This could be a sign that global efforts to curb corporate profit shifting to tax havens may be paying off," said Dennis Howlett, executive director of Canadians for Tax Fairness, a group that lobbies for the closure of loopholes that encourage the use of offshore tax havens.

According to the government's official foreign direct

investment statistics, Canadian businesses reduced their holdings in the top 10 tax havens from \$272.4 billion in 2015 to \$261 billion at the end of last year, bringing home \$11.4 billion.

This reversal could be due to a number of different factors, including reforms in Ireland that make it harder to exploit that country to avoid taxes, Howlett said. But investment reductions in Luxembourg and Bermuda point to a wider trend.

"We know that public attention to this has affected calculation of risk, so companies are being more cautious now because of the potential for a public relations backlash," Howlett said.

Allan Lanthier, a retired senior partner at Ernst & Young and former chair of the Canadian Tax Foundation, cautions against reading too much into the numbers, as the majority of the reduction in foreign holdings in 2016 can be attributed to the fact that the Canadian dollar rose against the U.S. dollar, the currency in which most international investments are made.

TORSTAR NEWS SERVICE



A rescuer brings down a woman who was stuck on the hook of a construction crane in Toronto on Wednesday. TORSTAR NEWS SERVICE

High drama in Toronto crane rescue

A woman who spent hours suspended high above a construction site after scaling a crane in downtown Toronto was rescued Wednesday morning by being strapped to a rappelling firefighter and lowered to the ground as dozens watched in suspense from below.

Cheers erupted from the crowd of onlookers as the pair's feet hit the ground around 8:30 a.m., bringing the dramatic, hours-long rescue operation to

a safe conclusion.

The woman was then handcuffed and handed over to paramedics. Her name has not been released and police say she is facing six counts of mischief.

Firefighters believe she climbed up the crane, crawled out on to the end of it, and slid down a cable to the large pulley device where she got stranded.

"It was hard enough for me to go up with ropes and harnesses and she free-climbed that," said

Rob Wonfor, who rappelled down the towering machinery with her.

The woman had been perched on a gently swaying large pulley device called the block (just 15 centimetres by 60 centimetres) for at least four hours and was clinging to a steel cable when Wonfor reached her.

"It's an outstanding success," Toronto Fire Chief Matthew Pegg said of the operation. "We train for this, although we've never seen one like this before."

Pegg said crews were called to the scene at a construction site in the downtown area at about 4 a.m. Wonfor and a police negotiator began climbing up the crane around 6 a.m. and the firefighter rappelled down to the woman on the pulley device around 8 a.m., Pegg said.

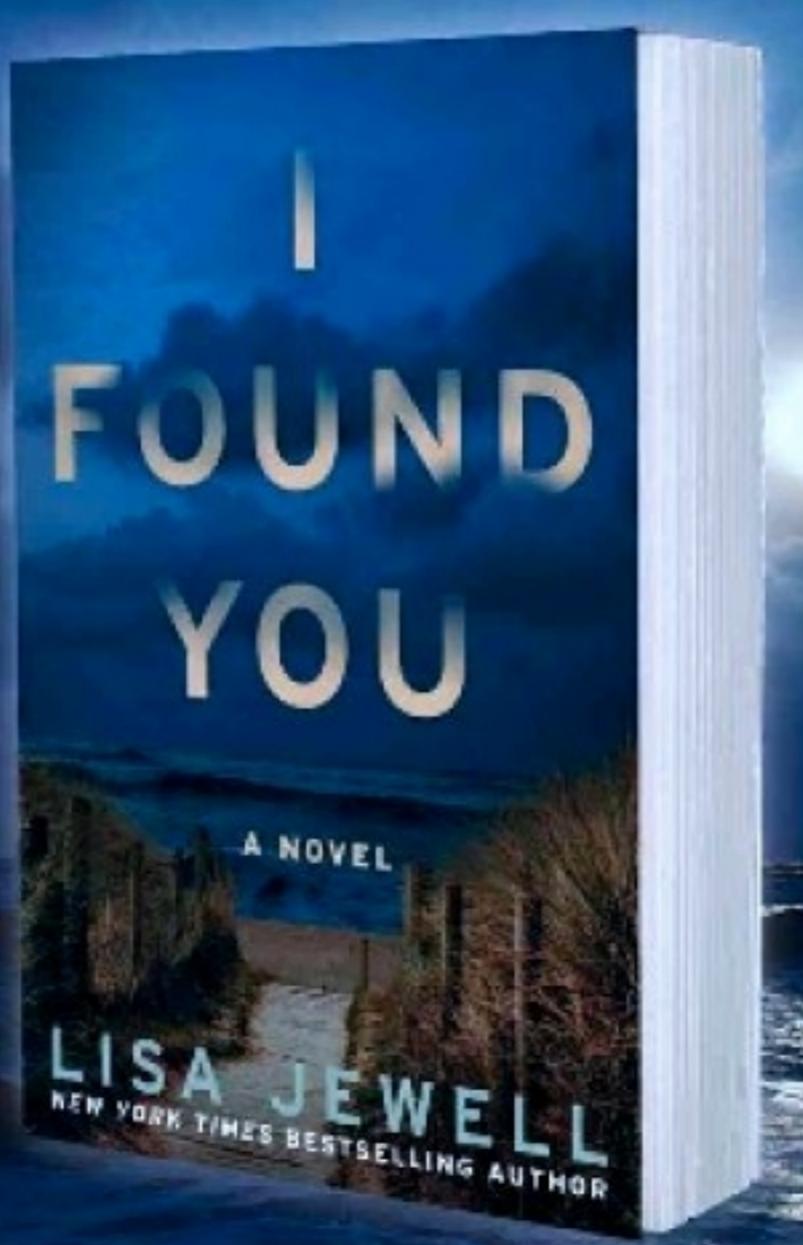
The firefighter then carefully strapped himself to the woman and the pair were slowly lowered onto the ground about half an hour later. THE CANADIAN PRESS

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Canada drops out of top 20 in media freedom

Canada has slipped for the second straight year in an index ranking freedom of the media, in part because of police spying on journalists and demanding reporters turn over background materials.

The four-place decline to the 22nd spot overall, on top of last year's 10-spot fall, leaves Canada out of the top 20 countries

in terms of media freedom, Reporters Without Borders — or RSF — said Wednesday.

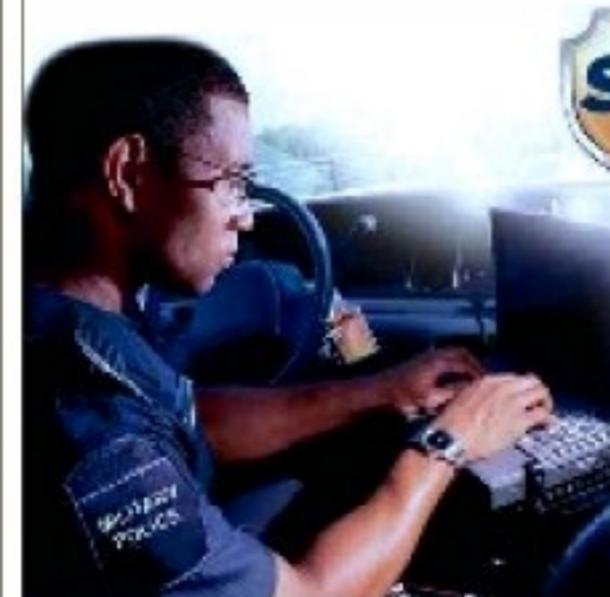
In announcing its 2017 World Press Freedom Index, RSF said Canada went through a "series of scandals" last year that highlighted the importance — and fragility — of the confidentiality of journalists' sources.

Those incidents include Que-

bec provincial police spying on at least six journalists and seizing a reporter's computer in a raid on a newspaper. Police in Montreal obtained numerous warrants to spy on a journalist's cell phone, while the courts upheld a demand by the RCMP for a reporter to turn over background materials in a terrorism investigation. THE CANADIAN PRESS

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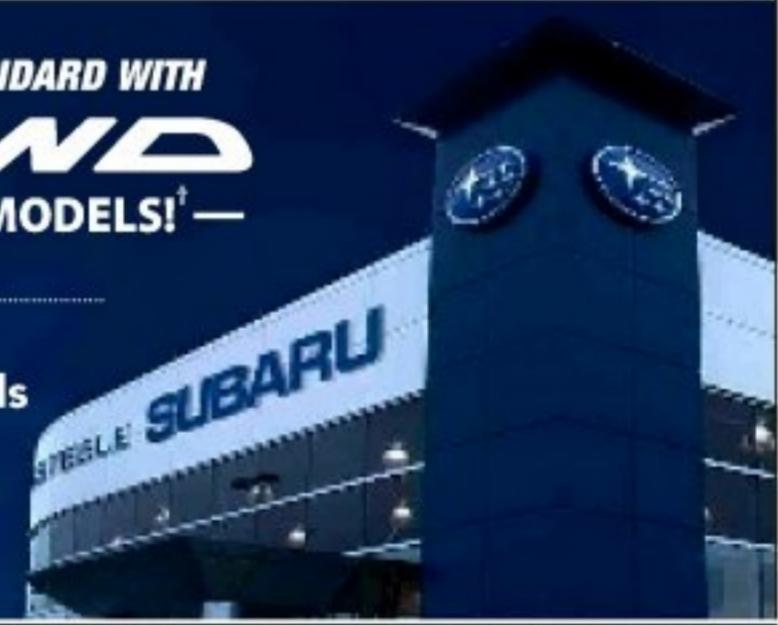
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Loretta Boucher, vice president of Sakasteeuw Transportation, jumped into action the night of the Fort Mac fire. JENNIFER FRIESEN/FOR METRO

Forts forged bond amid panic

FORT MCKAY

Community of 1,000 saw its population swell overnight

 **Alex Boyd**
Metro | Edmonton

Fort McKay First Nation is the sort of sleepy community where birds chirping and dogs barking are what pass for noise pollution — but as Loretta Boucher sat at her desk on a hot May afternoon last year, the town suddenly went "eerily" quiet, she says.

Not long after, the first truck rolled in.

On the day that turned towns all over the province into hosts, Fort McKay, north of Fort McMurray, opened its doors wider than most — over one frantic afternoon, the town's population swelled to several times its original size.

The night of the Fort McMurray fire, as many as 5,000 evacuees fleeing fire found refuge in the small community down the road, population just 1,000.

Boucher, vice president of Sakasteeuw Transportation, jumped into action, and soon all the buses from her family-owned business were on the road, shuttling people through

town, to nearby camps, and out to the airport.

"It was extremely busy, there were people everywhere," she said. "It was tough. Lots of young families feeling lost, with nothing."

Boucher said it strengthened the ties between the two neighbouring communities. The town opened the arena, the school and the town office, and there was barely a house not sheltering an evacuee.

Many of the town's new temporary residents told Boucher they didn't realize it existed, or if they did know it, they had never visited.

"I'm proud to be from Fort McKay," she said. "Not only did

it show people who we are, but we really came together."

Maxine Willocks, owner of Fort McMurray café Chez Max, ended up in Fort McKay along with her husband and several staff after being unable to go south to Edmonton.

Before evacuating, Willocks had emptied her restaurant of supplies, and soon she and her cooks were handing out jerk chicken with rice and peas — her signature dish — in Fort McKay.

"They were very welcoming, very warm," she said.

Since that day a year ago, Willocks has made several trips back to Fort McKay, including for several catering jobs. She also now has regular clients that

visit the restaurant when they're in the city.

"It certainly connected us, because Fort McMurray is so separated," she said.

But a year later, the tiny town still feels the impact of fire.

Workers who lived in Fort McMurray never came back, Boucher said, because their houses burned, or they're still dealing with stress. The town's small businesses, like the transportation company her family has run for 15 years, are also feeling the brunt of a down economy that has affected the region.

"I'm not saying that we're suffering," she said. "We're steady, but it's not a good steady like it was before the fire."

Marital bliss after the flames

 **Lucie Edwardson**
Metro | Calgary

Nearly a year after complete strangers put together a beautiful backyard wedding for Fort McMurray evacuees, Carlos and Carol Moran, the couple still can't believe the generosity of others in their time of need.

The couple was set to marry May 14, 2016 in Fort McMurray, but when the wildfire engulfed their Beacon Hill neighbourhood, damaging their home, the pair didn't think the wedding they'd planned would take place.

The Morans fled Fort Mac and headed to Edmonton — where, unbeknownst to them, locals who had heard the couple's story were planning an impromptu backyard celebration — complete with rings, a dress, flowers, a photographer and a cake — all planned out and organized by local wedding planner Wanda Rowe.

"Married life has been a blessing," said Carlos.

Carol said they wanted to plan another wedding upon their return home, but said they knew they could never surpass the experience they'd been gifted in Edmonton. As their anniversary approaches, Carlos said they plan on reaching out or doing something special for all those who made their wedding a success.

A year after the fire, the couple is still living in a small apartment in Fort McMurray. Luckily, a few weeks ago they were able to lease a four-bedroom home for their extended family and their three dogs now have access to a backyard.

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AIRLINES

Giant rabbit's death adds to United woes

United Airlines is reviewing its handling of a giant showcase rabbit that died after being shipped across the Atlantic from Britain on one of its flights, the latest in a growing list of customer complaints.

Distraught breeder Annette Edwards said a veterinarian had checked Simon — a three-foot-long continental rabbit — shortly before he was placed on a United flight from London's Heathrow Airport to Chicago's O'Hare.

Edwards said Simon is the offspring of Darius, which the Guinness World Records lists as the world's longest rabbit at 4 feet 3 inches (1.22 metres).

"Simon had his vet check just before getting on the plane," she said from Worcestershire in central England. "He was fit as a fiddle."

United spokesman Charles Hobart said the rabbit was moving around in its crate and appeared healthy when taken off the plane in O'Hare, waiting to be put on another flight to Kansas City. About a half-hour later, at the company-run pet facility, Simon seemed to be sleeping. Shortly after that, a pet facility employee found the



Simon, a three-foot-long continental rabbit, died on a United flight. CONTRIBUTED

rabbit dead.

"We won't know the cause of death, because we offered to perform a necropsy free of charge ... but the customer didn't want us to perform a necropsy," he said.

Hobart said the airline offered compensation to the breeder but would not disclose the amount.

Bryan Bergdale, a farmland investment manager, said he bought the rabbit for his boss, who had hoped to show it at the Iowa State Fair.

United had the second-highest level of animal deaths and injuries of any U.S. airline last year. Only Hawaiian Airlines was worse. THE ASSOCIATED PRESS

Global digest

Spacecraft flies between Saturn and planet's rings

NASA's Cassini spacecraft ventured Wednesday into the never-before-explored region between Saturn and its rings.

But flight controllers won't know how everything went until Thursday when they are back in touch with the craft.

Cassini was out of radio contact with Earth as it became the first spacecraft to enter the gap. That's because its dish antenna was manoeuvred face forward to protect instruments from potentially damaging particles in the rings.

THE ASSOCIATED PRESS

Judge blocks Trump again

IMMIGRATION

President's words used to kill sanctuary cities order

For the third time in two months, a U.S. federal judge has knocked down an immigration order by President Donald Trump and used Trump's own language against him.

In a ruling on Tuesday, U.S. District Judge William Orrick quoted Trump to support his decision to block the president's order to withhold funding from "sanctuary cities" that do not co-operate with U.S. immigration officials.

Trump called the sanctuary cities order a "weapon" against communities that disagree with his preferred immigration policy, Orrick said.

The judge also cited a February interview in which he said the president threatened to cut off funding to California, saying the state "in many ways is out of control."

The first comment was evidence that the administration intended the executive order



Protesters rally in San Francisco against President Donald Trump's administrative order to withhold funding from "sanctuary cities." THE ASSOCIATED PRESS

to apply broadly to all sorts of federal funding, and not a relatively small pot of grant money as the Department of Justice had argued, the judge said.

The second statement showed the two California governments that sued to block the order — San Francisco and Santa Clara County — had good reason to believe they

would be targeted, Orrick said.

Trump reacted to the decision on Twitter on Wednesday morning, calling the decision "ridiculous" and saying he would take his fight to the highest court, tweeting: "See you in the Supreme Court."

The government hasn't cut off any money yet or declared any communities sanctuary cities.

But the Justice Department sent letters last week advising communities to prove they are in compliance. California was informed it could lose \$18.2 million.

Orrick said Trump cannot set new conditions on spending approved by Congress.

THE ASSOCIATED PRESS

White House weighs pulling out of NAFTA

The White House is telling U.S. media that it's mulling a notice of withdrawal from NAFTA, applying shock treatment on other negotiations under the threat of having the seminal trade deal obliterated.

Various media say Trump is considering detonating the trade equivalent of a nuclear option:

An executive order to withdraw from the trade agreement, which would instill fear in members of Congress, industry and Canadian and Mexican trade negotiators.

The administration has complained lately that American lawmakers are dragging their feet on naming a trade czar and excessively slow in approving

the 90-day legal notice to kick off negotiations. It may now stir them to act.

The White House has let it be known, through the Washington Post, Politico, and CNN, that President Donald Trump is considering an executive order threatening withdrawal, and the New York Times reported late

Wednesday that he's actually leaning toward issuing that order. Such a move might appear more dramatic than it actually is. One trade expert views it as a negotiating tactic — a threat to Congress. "I think he is bluffing," said Canada-U.S. trade lawyer Mark Warner.

THE CANADIAN PRESS

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MOHAMED FAHMY ON PRESS FREEDOM



Journalists are always trying to make a point. We are messengers who are never supposed to become the story.

An unprecedented worldwide attack on press freedom has left hundreds of members of our noble craft prosecuted, jailed, and killed mostly in oppressive nations.

Vice news journalist Ben Makuch is willing to go to jail in Canada to make his point.

I first met Makuch at the World Press Freedom Award ceremony in May 2016 in Ottawa after I served more than a year of incarceration in Egypt on bogus charges of joining a terrorist group (Muslim Brotherhood) and producing "fake news" to serve their agenda. Among the pile of ridiculous evidence brought against me in court was an audio recording of an interview taken off my phone that I had conducted for CNN with Mohamed Al Zawahiri, the brother of the head of Al Qaeda.

Dressed in a suit and tie, I stood perplexed in the lavish conference hall of the five-star hotel listening carefully to Makuch as he explained how the Ontario court had ordered him in March of that year to hand over all digital communications to Canada's police between himself and Canadian Daesh (also known as ISIS and ISIL) fighter Farah Shirdon.

I instantly lost interest in the wine I was sipping and the opulence of the room prepared for the gala as he

Reporters Without Borders called Stephen Harper's tenure a 'dark age' for journalism. Will our rating improve this year? I doubt it.

relayed the details of the interviews he conducted in 2014 through Kik instant messenger app chat logs with the radicalized Calgary man — information the RCMP is so eager to acquire to use in court as evidence.

His defiance against this unacceptable court order took me back to that moment in the Egyptian court when I stood inside the cage in my prison garb scream-

"I can't believe this is happening in Canada," Makuch told me, taking the words out of my mouth.

That is not to draw a direct comparison between my trial in Egypt and the court order against Makuch — yet both cases are a threat to the fundamentals of press freedom, the core of a true democratic state.

If we give up our sources we lose the trust of those we



La Presse journalist Patrick Lagacé (left), Mohamed Fahmy, and Executive Director of CJFE Tom Henheffer (right) listen to VICE reporter Ben Makuch. THE CANADIAN PRESS

ing at the judge: "Journalists are supposed to speak to terrorists, killers, rapists and drug-dealers, policemen, and people from all walks of life."

The Egyptian judge ignored the point I was trying to make throughout the trial.

A few months back, the Ontario Court of Appeal once again ordered the Vice reporter to turn over his background material.

The point Makuch is trying to make by refusing to hand his notes to the RCMP is that under no circumstances should a journalist be forced to reveal his sources.

interview. In Makuch's case we lose the chance to better understand the terrorists attempting to destroy our lives. To force a journalist to perform as an investigator of the police is not part of our job.

Trying Shirdon, who was charged with six terror-related offences in 2015, should not be hindered at acquiring screen shots of his online chat with Makuch — much of information already released in the Vice interviews.

Canada's rating dropped 10 spots in the World Press Freedom Index published in 2016 during Prime Minister

Stephen Harper's leadership, according to the global press freedom watchdog Reporters Without Borders. It described his tenure as a "dark age" for journalism.

Will Canada's rating improve this year? I doubt it.

The series of warrants the Montreal police acquired in 2016 to spy on the phone of La Presse columnist Patrick Lagacé to identify his secret sources will be one decisive factor in the rating.

Criminal charges of mischief and disobeying a court order brought last month against Justin Brake reporting for the Independent for covering protests related to the Muskrat Falls hydroelectric construction project in Labrador will not sit well during the RSF annual assessment. Neither will Makuch's production order. My friend tells me he is preparing to take the fight to the Supreme Court.

There are champions who are fighting for the right cause, such as Canadian Conservative Senator Claude Carignan. The leader of the opposition in the Senate authored Bill S-231, the Journalistic Source Protection Act, which was adopted unanimously last week by the Senate.

Lend your support to the journalists jailed worldwide. I guarantee you they will be clinging to any light of hope in their cells on the upcoming World Press Freedom Day on May 3 — just as I once did.

Mohamed Fahmy is an award-winning journalist and war correspondent. He is the author of *The Marriott Cell: An Epic Journey from Cairo's Scorpion Prison to Freedom*.

Pope Francis fails to bring the thunder in TED Talk

Vicky Mochama
Metro

Now that everyone is a thought leader, even the Pope is getting in on the inspirational slideshow business.

This week he gave a pre-recorded talk at the annual TED Conference in Vancouver.

It's a shrewd move for the Pope to join the thinkfluencer crowd. Last week, Metro reported that more and more religious groups are getting into the digital game, from a church that live-streams its services to an American imam who is popular on Snapchat.

Ex-Pope Benedict XVI joined Twitter in 2013 but the Vatican has since expanded their social media outreach. Pope Francis joined Instagram last year, which he announced by tweeting, "I am beginning a new journey, on Instagram, to walk with you along the path of mercy and the tenderness of God." It's mostly inspirational quotes and sunsets but sure, same difference.

Speaking as someone who once took a nap after the arduous journey of picking an Instagram filter, I'm a little embarrassed that Pope Francis is better at this than I am. I still think, however, that he could do more.

If he really wants to reach out to diverse audiences, how about a mixtape? I can see it already: Pope Francis presents "What A Time To Be A Believer" with tracks

like "Big Rings (For Kissing)" and a freestyle Latin Mass. While he has already released a progressive rock album (yes, really), I think he could get more mileage from a collab with DJ Khaled.

Because, let's be honest: the Pope's TED Talk was underwhelming.

TED Talks are all about show-stopper moments — cool science or key data points or emotional life stories — and this is the man who has an advantage over everyone. Instead of being a senior researcher who is trying to talk about visually resonant statistics and make people cry, the Pope has GOD.

The God I remember from vacation bible school — I had a thrilling childhood — doesn't do anything less than a full Las Vegas show.

And in the 18-minute long speech, not once does he call upon the greatest magician's assistant one could have. He just chills behind a desk and asks us all to be better people. To whom do I have to pray in order to get a talking burning bush?

For example, in his TED Talk, he spoke directly to powerful people: "The more powerful you are, the more your actions will have an impact on people, the more you are called to be humble. If you don't, your power will ruin you, and you will ruin others."

It's all good and well to tell people about humility but, in my humble opinion (See, I learned), a thunderbolt would have ensured that the message struck the audience.

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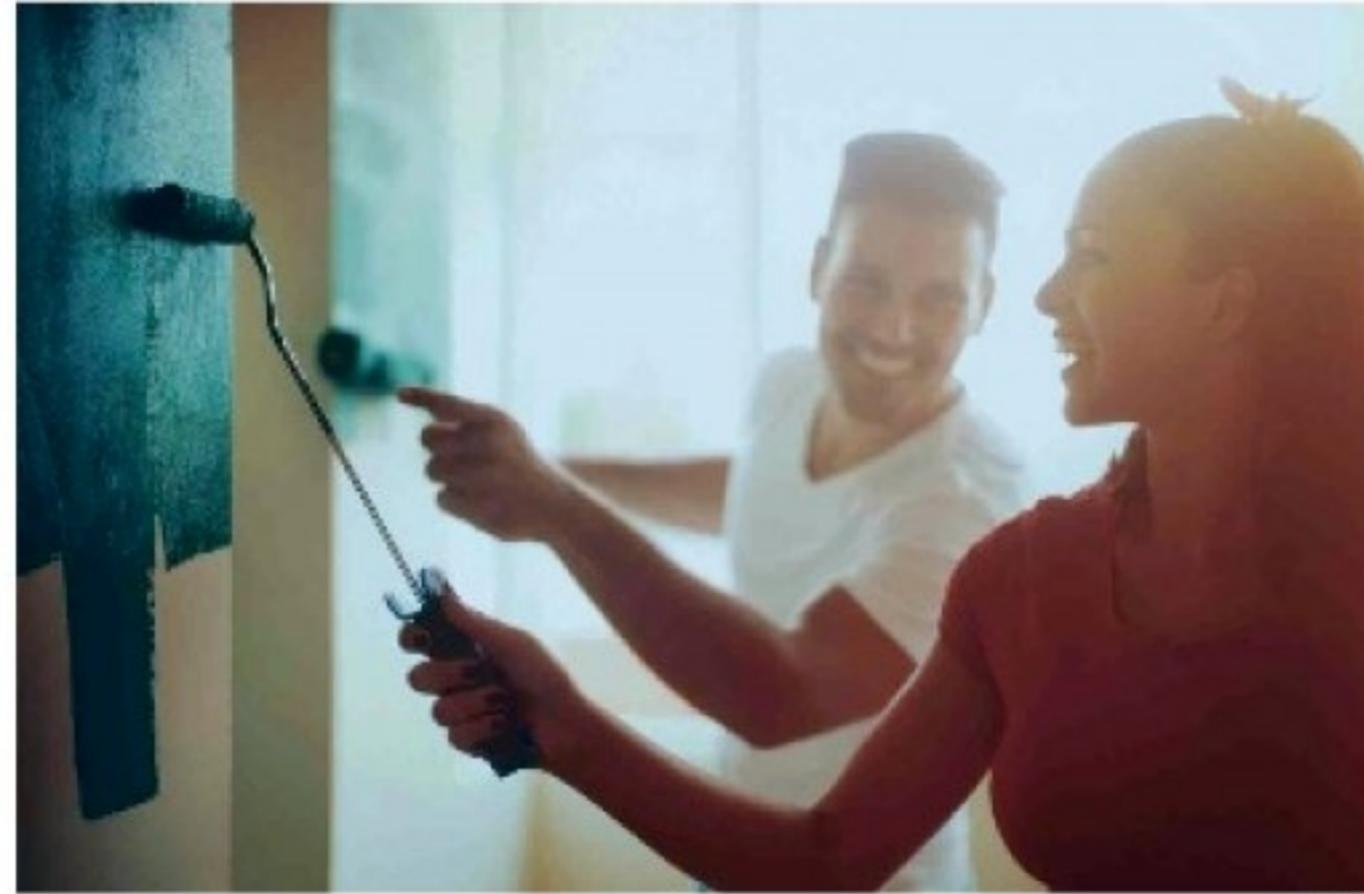
METRO MOVES

FRESHEN UP YOUR HOME

Freshening up your home for spring and summer is simple with a few strategic changes, inspired by top trends from design experts and Pinterest boards. Here are some ideas to make your home magazine cover-ready.

Contemporary colours: Colour is having a major moment, with new hues shaking up classic design. Navy is the new black and works as a great neutral in the kitchen or living room, while jewel tones are perfect for decorative accents. Greenery is Pantone's colour of the year and will make any space instantly fashionable. The fresh and zesty yellow-green hue is symbolic of new beginnings, but any shade is a design win this season.

Floral fabrics: Embrace spring and sum-



STOCK

mer with flowery prints. Play with a variety of patterns and sizes and stick to a unifying colour scheme for a look that says modern

chic, not antiquated grandmother.

Tiles with texture: Subway tiles are so 2016, now replaced by rustic materials like

wood, terracotta and cork. Keep the look crisp and lines clean by using a matte finish and placing tiles on an accent wall or item, like the fireplace.

Picturesque plants: Take a cue from Pinterest and green your interiors with indoor vines — climbing plants have risen in popularity on the platform by over 200 per cent since last year. Pretty Heartleaf Philodendron is easy to grow and ideal for beginners.

Wow-factor windows: Create drama, dimension and interest not only at the window, but also in the light that cascades into the room with the right window treatments. From solids to textures to stripes to small-scale designs, new Designer Banded Shades from Hunter Douglas offer a fabric to fit your style. Top it off with a sophisticated colour palette featuring fresh neutrals, greys and pops of colour that excite. Intelligent design enables the shade to transition from open to closed seamlessly, providing a modern solution for view-through, light control and privacy.

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ers. Home sellers receive all of the services they might expect to receive from a traditional real estate company, but for a low, flat fee. In HRM home sellers pay a reasonable flat fee as low as \$2,995 that varies slightly as homes increase in price. That adds up to substantial savings. To date our office has saved metro home sellers \$17 million in commissions savings.

"We talk to a lot of people who think we're too good to be true," said Michael. "I've been a realtor for over 31 years and there's nothing as gratifying as showing my customers that it is true. We recently saved a customer more than \$26,000. They obviously liked saving all that money, but they went out of their way to thank us for the quality of our service."

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Luxury living in the heart of downtown

It's downtown living at its best, with stunning views of Halifax Harbour and plenty of amenities within easy walking distance. The Avery is Dartmouth's newest and most coveted address — located at the corner of Alderney Drive and North Street just steps away from the Halifax/Dartmouth Ferry Terminal, coffee shops, spas, fashion boutiques, a farmer's market and much more. Inside, beautiful state-of-the-art condominium units offer spacious, comfortable living.

Margo Whitman is The Avery's director of sales and marketing. She says the property's location in the heart of downtown near Halifax Harbour is just one of the impressive things about it. "This is a beautiful, unique luxury building that's designed for a very savvy in-

vestor," she says.

The property is developed by the Annapolis Group — well known for their spectacular Glen Arbour development. It features amenities, including a bicycle repair area and washing bay in the garage, a fully appointed fitness room and sauna with 24-hour access, custom designed kitchens, energy efficient appliances, lighting, climate controls and windows. A spectacular rooftop terrace offers the ideal venue for private events, while the fully furnished common room is the perfect place for meetings or parties on cooler nights.

On the outside, the Avery is a showstopper, says Whitman. "It's more than just a building. It's a work of art."

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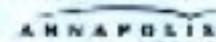
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EXPLORE A PLACE OF BEAUTY AND COMMUNITY

Premier location features exquisite views, contemporary suites, elegant finishes for residents to enjoy life

Anyone who travels along the Bedford Highway is already familiar with Icon Bay's impressive new all-glass tower at 50 Bedford Highway near the Windsor Street Exchange and Bayview Drive. It's an exciting new addition to the Halifax skyline. But it is the views from within the 24-storey tower that are truly spectacular.

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– **Chris Jabbour**

Icon Bay overlooks Bedford Basin, offering magnificent views of the Basin, the Fairview Cove Container Terminal and the city. The building features well-appointed contemporary suites with elegant finishes where residents can relax and enjoy life, just minutes from Bedford, Dartmouth and Downtown Halifax.

The premier location is just for starters; Icon Bay offers a living experience like no other. "We include a full size gym, a yoga studio, a common room, golf simulator room, theatre room and an outdoor terrace," says City Centre Property Management general manager Chris Jabbour. Other amenities include

underground parking with storage. Icon Bay is a showstopper. Units include high end finishes such as custom kitchens with quartz countertops, designer fixtures and much more.

From the front foyer to your unit, Icon Bay has the look and feel of upscale condo-style living that's usually associated with markets such as Toronto and Vancouver, but this style of living is surprisingly affordable. Icon Bay has units including studios, one, two and three bedrooms available, with studios starting at \$1,075 and two bedroom units starting at \$1,675. Penthouse units are also available. And air conditioning and heat are included in the rent.

The building is cat and small dog friendly and it's designed for residents who take pride in the place where they live — a place of beauty and a place of community.

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As the local real estate market heats up, CUA is opening the door to home ownership with the No Down Payment Mortgage option

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Established in 1948, CUA (Credit Union Atlantic) is one of the largest credit unions in Atlantic Canada, operating primarily in Halifax. This means their highly knowledgeable advisors know the city, know the market and have custom designed mortgage products that work for you.

"That's what makes us unique," said Marie Mullally, president and CEO of CUA. "Being local means we not only know the marketplace, but that we can act fast on behalf of our customers, giving them the service and the decisions they're looking for."

As the real estate market heats up in the

spring, more and more people are looking for a mortgage to suit their needs. According to Mullally, CUA has what you're looking for.

"We have a variety of mortgage products that are flexible and tailored to the unique needs of each customer," Mullally said. "Building equity in the form of a home is a great way to save for the future, yet for some, saving for a down payment can take years. We're very proud to have developed the No Down Payment Mortgage product — it opens the door to home ownership for individuals and families who are working towards a better tomorrow."

CUA's No Down Payment Mortgage enables customers to access up to five per cent of the purchase price of the home in the form of a loan or line of credit they can use for their down payment. An additional feature is the option to receive five per cent of the mortgage amount back in cash once the house has closed. Homeowners can use the funds as they wish — paying down the loan or line of credit, making home



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improvements or covering additional costs associated with the move.

"Whatever the situation, our team can help buyers navigate their options, ensuring they have the right mortgage for the right home," Mullally said.

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— Marie Mullally

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Worry-free senior housing nestled in a private rural community

Kindred Living is working to change the way people think about senior living with Village at The Crossing, a development located on a private, beautifully landscaped cul-de-sac in Enfield.

Kindred Living's Village at The Crossing features 32 semi-detached townhouses each with two bedrooms and one or two bathrooms. In addition, each unit has an accessible garage. Adults and seniors have the benefit of spacious, worry-free living, while services like landscaping, snow removal, repair and maintenance are all taken care of.

In addition, seniors can take advantage of Kindred Living's modification service that allows them to customize their living space with things like shelving, special bathroom arrangements, pedestals for washers and dryers, special fencing and more.

The Village at The Crossing is nestled in a quiet rural setting with major amenities located nearby. Rent starts at \$1,550 per month, not including power and water. Each unit is designed with the latest in state-of-the-art energy efficiency, keeping utility costs down while raising the comfort level.

Each home at Village at The Crossing features six high-quality appliances along with top-end designer fixtures and décor. Combined with energy efficient construction featuring a heat pump and in-floor heating, the Village at The Crossing is a great option for couples or individuals looking to downsize.



CONTRIBUTED

with top-end designer fixtures and décor.

Combined with energy efficient construction featuring a heat pump and in-floor heating, the Village at The Crossing is a great option for couples or individuals looking to downsize.

Safety and security is also a major consideration, with CCTV cameras located on the property and absentee monitoring services available.

Village at The Crossing is a place with a strong sense of community where privacy is respected and residents can choose their own lifestyle with comfort and dignity.

Salter's Gate: the heart of downtown living

Salter's Gate Apartments bring quality and convenience to the heart of downtown Halifax — inviting, spacious units that offer the kind of luxury apartment living made famous in North America's larger cities. Quality finishes feature granite countertops, custom designed closets, ceramic tile and laminate flooring. Each unit has six appliances including stainless steel in the kitchen, window coverings, air conditioning and individually controlled hot water heating.

But the property's location in the heart of the Brewery Market District is its real attraction, according to Greenwood Lane Inc.'s Residential Property Manager, Anne Smith.

"Just steps away from restaurants, shops and services, entertainment and the waterfront, it's

a phenomenal downtown location," says Smith.

Spirit Spa is located on the main level and Salter's Gate offers a unique physical connection to the Courtyard Marriott Hotel. "That connection provides distinct benefits," says Smith. "Every resident receives pass card access to the hotel pool, gym, Bistro, Starbucks and the large hotel balcony overlooking Halifax Harbour," she says. Housekeeping service is also available through the hotel.

On-site, secure indoor parking is available, but with a walk score of 96, bike score of 86 and a transit score of 76, Smith says Salter's Gate is an ideal location for people who enjoy an active lifestyle and appreciate the convenience of completing errands within their neighbourhood.

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METRO MOVES

Live in a spacious complex where family and community come first

Belmont Court Apartments offer the best of both worlds — convenient living along with a strong sense of community.

The complex's location in Cole Harbour is one of its biggest selling points. It's a little community by itself — family oriented with lots of room to grow.

Access to all the amenities that the community has to offer is especially important to residents. Belmont Court is located just minutes away from Sobey's and Atlantic Superstore, major banks and pharmacies, a medical centre, dental centre and animal hospital along with restaurants, shopping and services.

Belmont Court's spacious one and two bedroom units have been newly renovated and are ready to move in. Each unit offers tastefully decorated kitchens and bathrooms with ceramic tile flooring. Every kitchen features new cabinets and appliances along with completely renovated bathrooms.

Belmont Court's two bedroom units are also newly renovated with full bathrooms, upgraded kitchens and large



CONTRIBUTED

private decks. The layouts are both spacious and cozy, with plenty of room for entertaining.

Every newly renovated unit also includes fine grain wood flooring. The complex is nonsmoking and quiet.

Trusted company knows honesty is the best policy



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From your first meeting with the father and son team of Gerald and Jerry Mitchell to your final closing with familiar tradespeople working to get the job done, Gerald Mitchell Contracting's family atmosphere makes you feel at home.

"We've been in business long enough to have learned that being up front and honest is the best way to make your clients happy," says owner Gerald Mitchell. "Often, they come back when they are ready to build again. They are part of the family."

Whether you have changes to make

to your current home, or are considering building or buying something brand new, Gerald Mitchell Contracting can help.

"We're building new homes and doing renovations all over Halifax," says Gerald. "Many of our customers are people who are looking at retiring and deciding whether they want to fix up their current house so they can stay in it for the long haul, or fixing it up to sell it and build or buy something that will work better for them as they get older."

Gerald Mitchell has been building qual-

ity custom homes in the Halifax area for more than 40 years. His conviction to his craft and commitment to clients has earned him a reputation as a trusted industry leader. He's only recently retired his tool belt to focus solely on the operation of his company and the structural quality of his homes.

Everything you need to get started planning your next step for your home can be found in Fall River at Gerald Mitchell Contracting's design centre or online at gmhomes.ca.

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Your essential daily news

Nordstrom feels social media sting over \$425 muddy jeans

Rainbows help deal with loss

SOCIAL MEDIA

Photos prompt discussion of miscarriages, stillbirth

In the photo, Zoe is sleeping, like newborn babies do.

It looks like any other baby photo, but there's a special message. The newborn is draped in a multicolour blanket, to signify this is a "rainbow baby" — one that followed the storm of a miscarriage, stillbirth or infant death.

"She's such a bright spot in the middle of the grey clouds," said Zoe's mom, Olympia Grigg. "Rainbow baby" is a new way of talking about an old phenomenon countless women have experienced: pregnancy after loss. Though there's still little public discussion of miscarriage and stillbirth, experts say sharing rainbow baby images, especially on social media, may help parents cope with complex emotions many encounter when a new pregnancy follows a past heartbreak.

After 22 weeks of pregnancy with her third child, a son already named Jacob, Grigg went into early labour. At a normal checkup in June 2015, Jacob had a heartbeat. Several hours later he did not. Jacob was stillborn. After she delivered Jacob, she

and her husband left the hospital empty-handed, through a busy maternity ward where other families were celebrating.

"It was the worst walk I've ever taken," Grigg said. "I don't think anything that traumatic ever leaves you."

At nearly five months along, Grigg had been showing and everyone in her life knew she was pregnant. She had to explain to her two young sons there was no longer a baby in her belly.

The Grade 2/3 teacher became pregnant again in April 2016 but instead of just feeling elation, she held her breath. It was only when Zoe was born healthy could she exhale, said Grigg, 35. She asked her friend Joelle Mahepath, a newborn photographer, to take a few rainbow photos.

The image now hangs prominently on a living room wall. She likes talking about Jacob, though secrecy and silence still surrounds pregnancy loss, Grigg said.

"I remember thinking, 'I don't know anyone this has happened to,'" she said. When she posted her sad news on Facebook, she received private messages from friends who had also miscarried but never discussed it.

Maternal mental health expert Dr. Simone Vigod, psychiatrist lead of the reproductive life stages program at Women's College Hospital, said labeling a "rainbow baby" can be a way to make a loss a more visible one.

"If it helps people get the support they need, to feel validated, or helps articulate their feelings," that may help with coping."

Miscarriage is often treated as a routine occurrence and some women feel they can't talk about it or openly grieve, said Dr. Gail Robinson, professor of psychiatry and obstetrics/gynecology at the University of Toronto and director of the women's mental health program for the University Health Network.

Conventional wisdom dictates not divulging a pregnancy until after 12 weeks, so family and friends may not know a baby was expected at all.

"It's often difficult to get sympathy," Robinson said. With pregnancy after a loss, complicated emotions may be running high: grief, anxiety about getting pregnant again, fears of losing another baby, happiness, relief, guilt.

The term "rainbow baby" hints at the mix.

TORSTAR NEWS SERVICE

1 in 5

According to the Society of Obstetricians and Gynaecologists of Canada, miscarriage occurs in up to one in five pregnancies. Stillbirths are rarer, at less than one per cent of live births.



Some parents drape newborns in multicolour blankets or clothing to signify this is a "rainbow baby" — one that followed the storm of a miscarriage, stillbirth or infant death. CONTRIBUTED



Chris Soules was a fan favourite on *The Bachelorette* in 2014 and was *The Bachelor* in 2015. TORSTAR NEWS SERVICE

REALITY TELEVISION

The Bachelor hit and ran, but called 911

Former "The Bachelor" star Chris Soules called 911 to report his crash that killed a fellow Iowa farmer, seeking medical help for the man before he allegedly left the scene.

Soules told the dispatcher that he "rear-ended a guy on a tractor" with his pickup truck Monday night on a road near the northern Iowa town of Aurora, according to a recording of the call released Wednesday.

Soules, who appeared on the hit ABC reality show two years ago, said the man had been thrown into a ditch, wasn't con-

scious, and didn't appear to be breathing. He told the dispatcher that he didn't know CPR, and he could be heard asking others who were there if they did. The audio then indicates that someone tried to perform CPR on the man, but it's unclear whether it was Soules. Soules said the man had a pulse and had blood coming from his mouth.

The six-minute call ends when Soules asks whether he can call back and hangs up. The tractor driver, a 66-year-old local farmer named Kenneth Mosher, was later pronounced dead at a hos-

pital.

Authorities say Soules left the scene in another truck — it's unclear who was driving — before emergency responders arrived. He was arrested about five hours later at his farm in nearby Arlington, which is about 120 kilometres north of Iowa City. He was booked on a charge of leaving the scene of a deadly crash and released on bond hours later on the condition that he surrender his passport and wear an ankle monitor until his trial.

Buchanan County Sheriff Bill Wolfgram said investigators are trying to determine whether alcohol or speed were factors in the crash. He also said they are also trying to identify the person who picked up Soules and that this person could be charged, depending on the circumstances.

Additional charges are possible, but the initial charge against Soules carries a penalty of up to five years in prison.

His publicist released a statement Tuesday saying Soules was devastated to learn Mosher had died and that Soules offered his thoughts and prayers to Mosher's family. THE ASSOCIATED PRESS

When a dream life is a healthy one

AWARENESS

Millennials lead charge in organ registrations, but is it enough?

Joe Callaghan
Metro Canada

Just a nudge in the right direction. That's what Canadian organ donation advocates and experts are banking on as they highlight and ramp up the country's efforts to catch up with the world's leading nations.

This week marks the 20th anniversary of National Organ and Tissue Donation Awareness Week, and while the country has made major strides in that time, it still has significant ground to make up on the likes of world leader Spain. Nationally, less than one fifth of eligible Canadians are registered as organ donors; in Spain, the rate is over double that. However, Canada's lagging status doesn't reflect the mood nationally. Not even close.

Nicole Robitaille, a behavioural scientist and assistant professor at Queen's University, was part of a recent study into the area. At the outset, she too was taken aback by the disconnect between the country's feelings on organ donation and our actions.

"What's surprising in Canada is the low registration rates but the really large support rates nationally for organ donation," explains Robitaille. "The vast majority of Canadians support organ donation — around 95 per cent. But less than 20 per cent countrywide are registered."

While some provinces like Ontario, B.C. and Quebec are narrowing that gap, others like Saskatchewan and Nova Scotia have been slower to see success.

Millions of Canadians believe they're signed up when they're

not, which is why the theme of the week is to check.

Last year, Ontario had a 30 per cent increase in the number of deceased organ donors and saved more lives in one year than ever before.

"We have seen some sweeping changes — 31 per cent of the eligible population (are registered)," says Ronnie Gavie, CEO of Trillium Gift of Life Network, the province's organ and tissue donation agency. "We yearn to see it at or over 50 per cent. The rate has almost doubled since 2008. That's a pretty spectacular projection. But that's Ontario — we're not at that level across the country."

Gavie lauded the influence of millennials who are embracing organ donation quicker than their predecessors.

"From our own data, most of the people who are now registering in Ontario are making that choice in their 20s or 30s. That speaks to the fact that millennials are very open to the idea of organ donation," says Gavie.

"They are ... committed to improving the world around them. But they are also great influencers. We hear from them, their families hear from them, they are quite demonstrative. They are informing and educating the rest of the public."

Robitaille's team's study, in conjunction with the University of Toronto's Rotman School of Management and the Ontario government's behavioural insights unit, proved how small nudges can make a big difference.

While online donor registration has been simplified, the process at the DMV, still the location where 85 per cent of donors sign up, hadn't been streamlined.

The research team introduced simpler forms, more advance time to weigh up the decision and behavioral nudges with questions like 'If you need a transplant would you have one?' They more than doubled registration rates as a result.



Maria-Jose Bouey, 29, says she can't thank her cousin and her mother enough for stepping up to donate organs. When the kidney she got from her mom failed after 10 years, Mauricio, then in his mid-30s, offered his own through a donor exchange. Bouey has been able to live "a very full life" as a result. CONTRIBUTED



TRIALS OF AN ORGAN RECIPIENT

Genna Buck
Metro Canada



Maria-Jose Bouey had a unique way of getting conversation going about organ donation — a topic she says is surrounded by too much misconception and stigma.

"I'd get in a cab and people would ask 'Do you want the receipt?' and I'd say 'No, but can I have a kidney?'" Bouey, 29, said. "I would say it jokingly, sarcastically, but also trying to raise awareness, because immediately that conversation comes up."

Icky medical conversations are second nature to Bouey, who, since being born with multiple organ abnormalities, has endured more than 60 major operations, including ostomy surgery, spinal surgery and two kidney transplants. The first was in 2001, when her mother gave her a kidney. That organ "worked beautifully" for about 10 years, but eventually failed, leaving Bouey tethered to an "emotionally and physically draining" dialysis machine for several hours three days a week.

Luckily, her cousin Mauricio Bouey, then in his mid-30s, stepped up to offer his kidney. The match wasn't ideal. Yet the transplant was able to go ahead in January 2013, thanks to the innovation of a living donor paired exchange. That's when loved ones who want to give a kidney, but aren't a match, donate an organ and swap with someone who is.

In this case it was a remarkably long chain of eight donors and eight recipients, which Bouey calls her "group of angels."

Bouey struggles to express her gratitude to Mauricio, her mother, and all the donors who participated. "It brings me to tears at any point when I talk about it," she said. "That selflessness is unexplainable."

Living dialysis-free has allowed her to work full-time, plan her upcoming trip to Iceland and serve as the president of a charity.

"I've been able to live a very full life ... a life that you only dream of living when you're ill," she said.

And she still finds time to educate her peers and the broader community about organ donation. "There's a huge lack of education on what organ donation entails and how to sign up to be an organ donor," she said. "It's something super basic. Why aren't we pushing it?"

HEALTH

Hep C screenings not necessary for all, suggest guidelines

The average Canadian adult does not need to be screened for hepatitis C, a blood-borne virus that can in time cause cirrhosis or cancer of the liver, says a task force that develops practice guidelines for primary-care providers.

In its first hepatitis C screening guidelines released Monday, the Canadian Task Force on Preventive Health Care recommends against widespread testing of adults unless they are considered to have an elevated risk for the disease.

Canadians at high risk include those who: have a history of IV

drug use; were born, travelled or resided in countries where hepatitis C is endemic; received blood transfusions or had an organ transplant before 1992, when blood donations weren't tested for the virus; or could have been exposed through potentially hazardous sexual behaviours or by getting a tattoo.

Dr. Roland Grad, chair of the task force group that developed the guidelines, said two systematic reviews of the medical literature found no evidence of benefit from widespread population screening for hepatitis C among

low-risk adults.

"What we are saying is that people who are not at an elevated risk don't need to go for a blood test or be screened for hepatitis C," he said.

"But if you are at elevated risk, you should be tested."

Still, one component of the guidelines is sure to be contentious: the task force recommends against routine hepatitis C screening for baby boomers.

"The reason why we could not recommend screening all baby boomers in Canada is there is no direct scientific evidence that do-

ing that will lead to more benefit than harm," said Grad.

"In fact, there's now some evidence coming out of the United States that screening of baby boomers in the U.S. does not provide better clinical outcomes."

That advice runs counter to what many Canadian doctors have been preaching — that those born between 1945 and 1965 should be tested for hepatitis C, a recommendation mirrored in 2012 guidelines from the U.S. Centers for Disease Control (CDC) and the U.S. Preventive Services Task Force. THE CANADIAN PRESS

250,000

An estimated 250,000 Canadians are infected with hepatitis C, according to the Canadian Liver Foundation. Many people who become infected never develop symptoms and recover completely. Others get a brief, acute illness with fatigue and jaundice, in which the skin and eyes turn yellow.

Our Neanderthal roots say so much about us

BOOKS

Toronto author in new approach to extinct species

Sue Carter
For Metro Canada

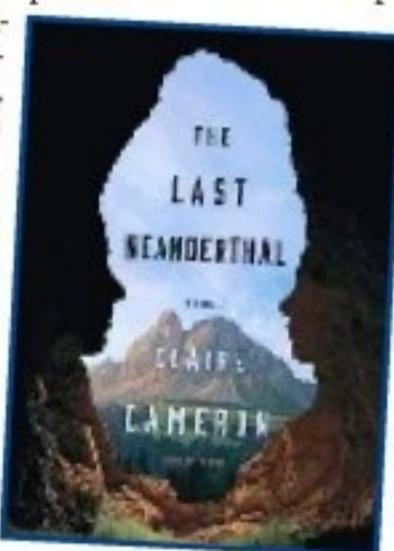


When Toronto author Claire Cameron took a DNA test designed to identify a person's ancient ancestry, she discovered that she is 2.5 per cent Neanderthal. The Toronto author was a little disappointed, as she had hoped for 4 per cent, the highest average trace of the DNA generally found in humans.

Although the last Neanderthals walked the Earth 40,000 years ago, the common belief for the past 150 years was that Homo sapiens killed off our hunched, hairy cousins, and there was certainly no comingling or sex involved. That is, until 2010, when a group of microbiologists led a project to sequence the Neanderthal genome, and discovered that indeed, the two groups had interbred.

Cameron was shocked when she read there was actual proof. Although scientists refused to speculate about how these relationships came to be, it fuelled the writer's imagination.

"It was frustrating because you could see there was this big juicy story there," she says. "How the two groups could make con-



tact, and under what conditions would they make contact without killing each other on sight?" Cameron realized that answering her hypothetical question would require a great deal of study, and so she spent five years scouring textbooks and any other materials she could find.

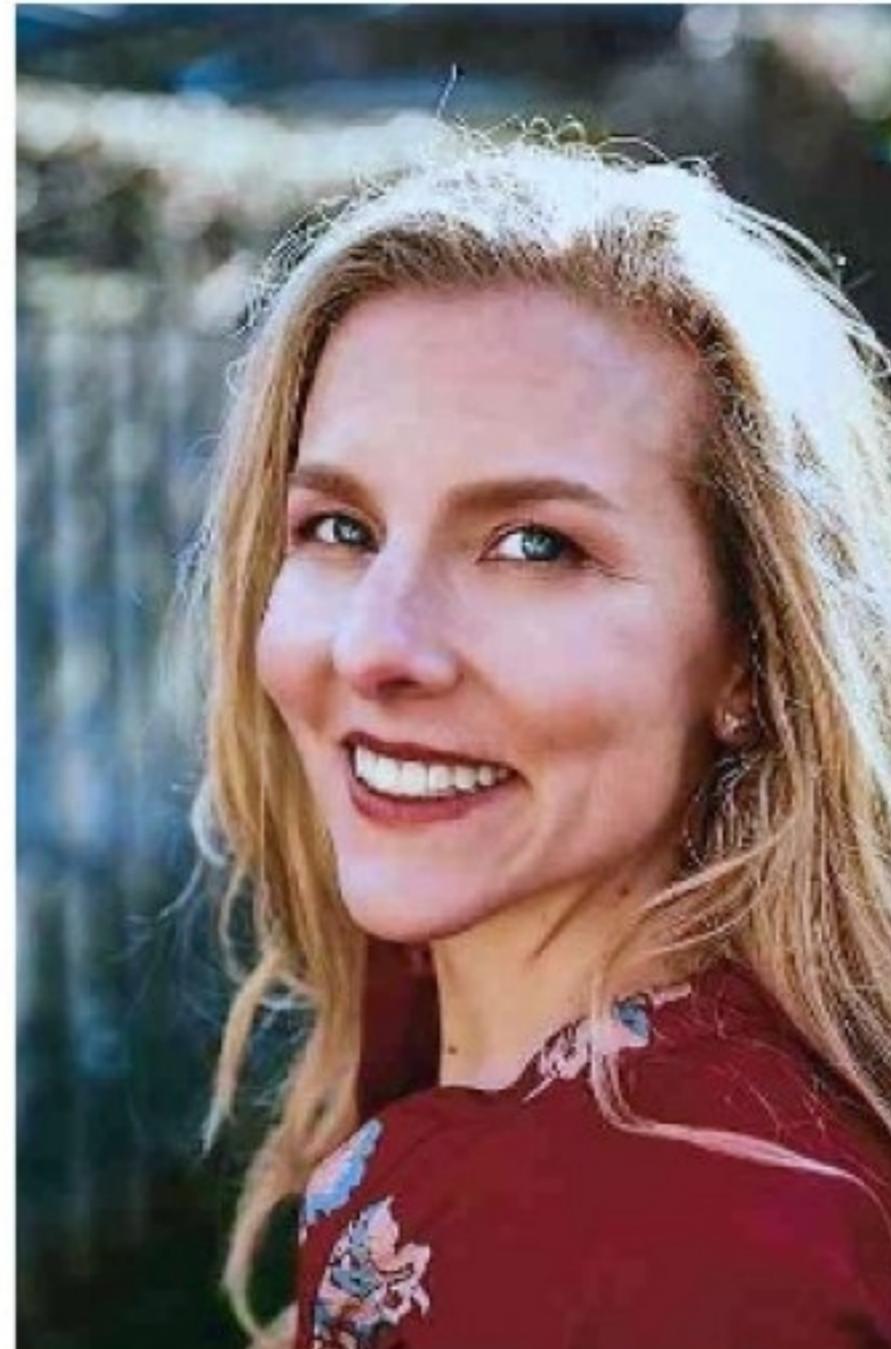
Her new novel, *The Last Neanderthal*, follows two narratives, set 40,000 years apart. There's Girl, the eldest daughter in a small matriarchal group led by Big Mother. A skilled hunter with a nurturing instinct, Girl's life is focused on survival for her family.

The second narrative follows pregnant archaeologist Rosamund Gale, who is leading an excavation in France where she discovered Homo sapien and Neanderthal bones together within an intimate proximity. Rose, facing the physical deadline of pregnancy and pressures from her museum employers, becomes obsessed with finishing the dig before giving birth.

"I'm using the modern story to comment on how we have definitely made advances, but we've also put women who are

trying to survive and feed themselves by making money in a difficult position," says the self-declared feminist. "When you contrast that to ancient times, you can see that this is a choice, rather than something that's inevitable because of our biology."

Initially, Cameron was reluctant to pursue the contemporary storyline, but as she got deeper into her third draft trying to nail the voice of Girl, Rose's charac-



Inspired by her own ancient ancestry and recent findings, Claire Cameron has been captured by the Neanderthal story. She's even started to feel empathetic. CONTRIBUTED

ter kept popping back in. And that's when Cameron uncovered a personal connection between Girl, Rose and her own life: the birth of her second son, which she recalls as traumatic.

"I experienced something as primal and raw as it was 40,000 years ago," Cameron says. "We like to tell this story about ourselves that we've gone from primitive to perfect, and we're

in this current great state. But there's no better reminder than childbirth that we have small pelvises and large heads. It is not a great setup."

Connecting the pregnancies of Girl and Rose gave Cameron much more empathy for her Neanderthal character, an emotion that has been lacking in pop-culture versions of our early ancestors.

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JOHANNA SCHNELLER
WHAT I'M WATCHING

Dear White People is a study in nuance

THE SHOW: *Dear White People*, S1, E4

THE MOMENT: *The intersection*

As freshmen at their posh, mostly white university, Samantha (Logan Browning) and Coco (Antoinette Robertson) bonded over jokes: what they'd like to say to white people. Then Sam joined the Black Students Union, while Coco pledged a sorority. That tension explodes after Sam (who is biracial) accuses Coco of "overdrawing your bank account for that weave."

"You're the girl who didn't learn she was black until Beth Wheeler left you out of her second-grade sleepover because you'd be 'the only one,'" Coco says.

"But with me, there is no confusion. People take one look at my skin and assume I'm poor or uneducated or ratcheted. So yeah, I tone it down. Make myself more palatable. What's so wrong with that?"

"Everything," Sam says.

"Dear White People, you made me hate myself as a kid, so now I hate you and that's

my secret shame," Coco accuses Sam.

"Dear White People, if you wanted to demoralize us with your European beauty standards, mission accomplished," Sam counters.

The Internet haters who perceived this series as one long scolding could not be more wrong. It's a study of endless nuance.

Yes, it addresses white privilege because it addresses everything: how hue affects perception; the politics of interracial dating; how Asians and Hispanics are lumped into whatever argument is convenient.

The season revolves around a blackface party. Each episode zeroes in on one player's story and it's always more layered than you think. In a world desperate to label people, it's a reminder that individuals aren't quantifiable.

Dear White People streams on Netflix.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Logan Browning and Antoinette Robertson. CONTRIBUTED

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Young JFK's diary sells for over \$700K

A diary kept by a young John F. Kennedy during his brief stint as a journalist after World War II in which he reflected on Hitler and the weakness of the United Nations sold for more than \$700,000 Wednesday, according to the auction house.

Boston-based RR Auction said the diary sold for \$718,750, far exceeding the pre-sale estimate of \$200,000. Joseph Alsop, a JFK collector from Beverly, outbid one other live and six telephone bidders in a packed house for the 61-page diary. Alsop, 71, plans to add it to his personal collection, auction officials said.

The diary, mostly typed but including 12 handwritten pages, was written in 1945 when the 28-year-old Kennedy was a correspondent for Hearst newspapers and travelled through a devastated Europe.

Executive Vice-President Bobby Livingston said the auction was thrilling, with bidders from around the country vying for the personal observations of the man who'd become president.

"I'm not surprised because it's such a significant and historic manuscript," Livingston said.

Kennedy gave the diary to Deirdre Henderson, a research assistant in his campaign office in the late 1950s who now lives

in the Boston area.

In the diary, Kennedy reflected on his time in a gutted Berlin and even saw Hitler's bunker, speculating that he was not killed. He wrote that Hitler "had in him the stuff of which legends are made." But Henderson said in an interview last month that should not be misinterpreted as sympathy for the German dictator.

"He said that in reference to the mystery surrounding him and not the evil he represented," Henderson said.

Kennedy expressed doubt about the effectiveness of the fledgling United Nations, questioning whether it "will prove effective in the sense of its elaborate mechanics being frequently employed or vitally decisive in deterring war or peace."

Henderson said she put the diary up for sale so it could be properly preserved, and she's confident the winning bidder will respect her wish. She said she wanted the sale to coincide with the 100th anniversary of Kennedy's birth this year.

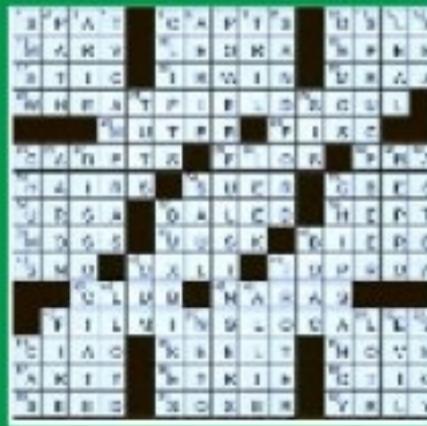
"I think it was the right price at the right time," Henderson said. Kennedy, the 35th U.S. president, served from January 1961 until he was assassinated in Dallas on Nov. 22, 1963.

THE ASSOCIATED PRESS



A young John F. Kennedy in 1944. ASSOCIATED PRESS FILE

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The late Jonathan Demme was best known for his directing of the Oscar-winning *Silence of the Lambs* (above), *Philadelphia* (below), and the concert film *Stop Making Sense* (bottom). CONTRIBUTED

In memory of Jonathan Demme

OBITUARY

Oscar-winning director of *Silence of the Lambs* was 73

Jonathan Demme, the eclectic, ever-enthusiastic filmmaker behind the Oscar winners *The Silence of the Lambs* and *Philadelphia*, and the director of one of the most seminal concert films ever made, the Talking Heads' *Stop Making Sense*, has died. He was 73.

Demme's publicist, Annalee Paulo, said Demme died Wednesday morning in his New York apartment, surrounded by his wife, Joanna, and three children. Demme died from complications from esophageal cancer, she said.

Demme broke into movie-making under the B-movie master Roger Corman in the early 1970s. The *Silence of the Lambs*, the 1991 thriller starring Anthony Hopkins as Hannibal Lecter and Jodie Foster as an FBI analyst, brought him a new level of fame. The film earned him a directing Oscar, as well as best



Jonathan Demme. AP FILE

picture. Hopkins and Foster also earned best acting trophies for their roles.

The *Silence of the Lambs*, however, was an outlier in his filmography, which was scattered across comedy, drama and music. His screwball comedy *Something Wild* starred Jeff Bridges and Melanie Griffith. *Philadelphia*, with Tom Hanks and Denzel Washington, was one of the first major Hollywood films to confront the AIDS crisis.

Demme last year released his



Blu-ray

latest concert film, Justin Timberlake and the Tennessee Kids, on Netflix. Timberlake, a passionate fan of *Stop Making Sense*, sought out Demme to direct it.

"I've come to believe, and I kind of felt this when we did *Stop Making Sense*, that shooting live music is kind of like the purest form of filmmaking," Demme said. "There's no script to worry about. It's not a documentary, so you don't have to wonder where this story is going and what we can use. It's just: Here come the musicians. Here come the dan-

cers. The curtain goes up. They have at it and we get to respond in the best way possible to what they're doing up there."

Demme made numerous films with Neil Young and a documentary of Spalding Grey's monologues and a film with the singer-songwriter Robin Hitchcock.

Demme most recently directed an episode of the Fox police drama *Shots Fired*, scheduled to air Thursday. Demme also completed a film for the Rock and Roll Hall of Fame, to debut July 1. THE ASSOCIATED PRESS

GOLF GUIDE

SERVING UP A SUMMER ACTIVITY FORE EVERYONE



STOCK

Not many sports can boast golf's rich offerings. You can start playing it as a child and continue to do so well into your twilight years. A walk through wonderfully manicured scenery is your reward for each round. A novice on their first day can get as much enjoyment and satisfaction as a seasoned pro.

"Just get out there," says Jim Finney, vice president of the Calgary Golf Association. "I've talked to so many people through the years who have said 'I hit one good shot and I was hooked'. Don't try to always play perfectly because in golf it's just not possible and don't take yourself

or the game too seriously, just enjoy it."

Golf is weather dependent, so between May and September Halifax's fairways and greens come alive. While courses are closed for winter you can still keep your game sharp during the cold months by visiting golf domes.

What else can golf add to your life? "It teaches you life lessons," Finney continued. "There is etiquette and you have to be polite. And from a parent's perspective I'd rather my son hang out on a golf course for six hours than outside the 7/11 on the corner."

-EOIN WELDON

Rules and terminology

- **Clubs:** You play with drivers, irons, wedges and a putter.
- In golf **negative scores** are good. So two under par (-2) is better than two over par (+2).
- There are **18 holes** and each hole has a par ranging from three to five strokes.
- Making **par** is when you get the ball

in the hole in the listed par amount. So making a 3 on a par 3 would be a par.

- A **birdie** is one under par for the hole
- A **bogey** is one over par for the hole
- An **eagle** is two under par for the hole
- A **double bogey** is two over par for the hole



Swing into spring at a revamped signature course

Granite Springs Golf Club was considered a masterpiece when it opened 26 years ago. From the day it opened, the course defied convention with its startling contrasts: a lush, green course surrounded by a border of granite bedrock. For many golfers the course became a signature course for Nova Scotia, the same way Banff Springs exemplifies the Rockies or Green Gables showcases Prince Edward Island.

Now Granite Springs has gone one step further in its evolution. In December of last year new owners took over the club and the course is in the best shape it's been in in years

for opening day. "The course is softer and more playable for all levels of golfers than it's been recently," says Granite Springs' new general manager David Perry. "We've updated a few holes as well."

Perry says they are looking to attract new players with competitively priced memberships and passes. "We also want golfers who maybe haven't played here for a few years to come back and try a round to see what we've done with the course. We think they'll be impressed."

The club is under new ownership and new management and is looking forward to a new

level of service, says Perry. Perry is a certified PGA Canada Head Professional with more than 20 years experience and most recently as director of golf at Ashburn Golf Club.

The club's new owners have also been focusing on Granite Springs' one-of-a-kind log cabin lodge clubhouse, which they hope will become the center for dining and events in the community around Bayside.

Perry says everyone on staff has been working hard and is excited for opening day. "We've got a great team and we're looking forward to taking this course to a new level."

Nestled in beautiful Bayside, NS, overlooking the picturesque Shad Bay, Granite Springs is only 30 minutes from downtown Halifax. Our 18-hole golf course combines scenery and challenge. Whether here for a round of golf, a meeting or a great meal in our cozy clubhouse, we pride ourselves on delivering Nova Scotia hospitality at its finest.

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Golfers drive into the season with affordable pricing

One of Nova Scotia's oldest and most popular golf clubs is now more affordable than ever. Last year Brightwood Golf & Country Club in the heart of Dartmouth introduced new gold, silver and bronze packages for frequent golfers.

"We're very pleased with the response we've been getting with our round packages," says Brightwood's general manager Jim Ogilvie. "They are very popular and our golfer numbers have been up since we introduced them."

The gold package includes 30 rounds of golf, with 20 rounds for the silver and 10 for the bronze. In addition, a new corporate round package introduced this year is good for 10 rounds for just \$850 and is completely transferable.

Ogilvie says the course's unique location in urban Dartmouth also makes it a popular spot for corporate gatherings, weddings and other events. "In addition to having great facilities, we've got ample parking for events," he says.



CONTRIBUTED

Brightwood was opened in 1914 as a nine hole course, and redesigned as an 18 hole course in 1921 by legendary course architect Donald Ross. "It's one of only 10 Donald Ross courses in Canada and the only 18-hole course he designed in Nova Scotia," says Ogilvie.

Ogilvie says the grounds crew has been working hard and everything is looking good for the course's opening on April 27. "The greens are in great shape. We're looking forward to a good season."



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AN UNPARELLED GOLFING EXPERIENCE ON AN UNSPOILED RURAL COURSE

Accessibility and affordability. Those are just two of the things that set Eagle Crest Golf Course apart, according to club president and owner Osbourne Ward. "Everyone is welcome to play here," he says. "We're not overcrowded and the pace of play on the course is one of the fastest in Nova Scotia."

The 18-hole course is located in Centreville, just an hour from Metro Halifax in the Annapolis Valley. It features a driving range with six target greens and balls that can be purchased with loonies and toonies. Tee times and golf lessons can be booked on Eagle Crest's website at eaglecrestgolfcourse.com. The course also features a small restaurant open daily and a beverage cart available on weekends.

The staff at Eagle Crest is known for their friendliness, and the course is a popular venue for weddings, Christmas parties and other events. And with the warm microclimate of the Annapolis Valley, the course boasts one of the longest golf seasons in the province. "We close when it snows," says Ward.

Add to that the fact that Eagle Crest is one of the most unspoiled rural locations in Nova Scotia with a focus on the environment



CONTRIBUTED

that eliminates the use of herbicides and pesticides. Special grass seeds are used to repel bugs, along with native grasses that cut down on water use. "We've kept everything natural," says Ward. "We used the natural contours of the land as part of the design of the course and we've kept all the natural water areas. Every hole is different — some flat and some hilly — and there's lots of wildlife. It's a beautiful place to play golf."

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Escape on a green with outstanding views

Dave MacMillan knows the secret to Chester Golf Club's popularity. It's location. With views on most holes that include colourful sailboats, forested islands and the sparkling blue waters of Mahone Bay, it's hard not to fall in love with the course at first sight. But once you've played a round you'll be truly hooked.

"We've got some of the prettiest views in the province," says MacMillan, Chester Golf Club's general manager. "We've also got one of the best courses to play. It's a challenge to golfers of every skill level."

It's also surprisingly affordable with low green fees, nine hole rates, twilight rates after 3 p.m. and affordable green fee packages that include anywhere from 10

to 40 rounds. Chester Golf Club also offers easy online tee time booking.

The relaxed atmosphere of the course continues on at the 19th hole. After a challenging round, golfers can continue to enjoy the view with a drink on the club's spacious deck. Chester Golf Club's restaurant also features a gourmet menu complete with succulent seafood, crisp salads, sandwiches, crepes and full course meals.

"We've got great staff here," says MacMillan. "They know how to make everyone feel at home. That's another big part of the relaxing atmosphere here at the course. It's the perfect place to spend a nice spring or summer day.

RISE TO THE CHALLENGE AT THIS BEAUTIFUL, WELCOMING COURSE

Many golfers in HRM already know that Avon Valley Golf & Country Club has plenty to offer. For one thing, it's easy to get to; just a half hour drive from HRM to Windsor. The course prides itself on its affordability and on offering a friendly, laid-back atmosphere for golfers. And for serious golfers and beginners alike, Avon Valley is beautiful, exciting and challenging to play.

Things get challenging as soon as you leave the first tee. A relatively short par 4 first hole gives way to a long, difficult par 5 second. At the seventh hole, the hardest hole on the course, a 424-yard par 4 requires a solid drive down the right hand side of the fairway to set up an approach shot onto a tricky green. Hole 8 is Avon Valley's signature hole, a raised green par 3 with a challenging water hazard — just one of the course's four excellent par 3 holes.

Brad Corkum is Avon Valley's general manager. He says the course offers a lot for the price. "It's very affordable to play here. On Monday and Tuesday two golfers on a cart can play a full round for just \$100. From Wednesday to Friday it's \$110 and \$120 on weekends.



CONTRIBUTED

Avon Valley's "Date Night" package has become another popular draw — a \$35 package that includes a romantic dinner in the clubhouse, a cart and nine holes of golf after 4 p.m.

Corkum says that Avon Valley's reputation for friendliness is another big draw. "We appreciate our golfers here and we let them know it," he says.



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TREATS

Ten best Canadian foods from coast to coast

Rhonda Riche

Poutine isn't Canada's only delicacy. From Jiggs Dinner in Newfoundland to Nanaimo Bars in BC, here's a made-in-Canada menu to savour.

1 Fish and Brewis

From Newfoundland and Labrador, this dish consists of salt cod and hard tack that has been soaked overnight and is served with a sprinkling of scrunchions (fried pork fat).

2 Jiggs Dinner

A traditional Sunday meal in Newfoundland and Labrador consisting of salt beef, pease pudding, carrots, cabbage, turnips and potatoes and served with a side of mustard pickles.

3 Donair

The official food of Halifax, the Donair was



introduced in 1973, when a local restaurant switched from serving traditional Turkish beef kebabs to a version made with lamb and a sweet sauce.

4 Tourtière

A slow-cooked meat pie from Quebec, the classic version is made with ground pork and potatoes (although regional variations might include wild game).



5 Montreal smoked meat

What makes Montreal smoked meat different from briskets in delis across North America? The beef is marin-

ated with salts and spices for a week before it's smoked and steamed.



6 Butter tarts

Originating in pioneer times in Upper Canada, this flaky tart is filled with a mix of butter, sugar syrup and egg. The mark of a good tart is a filling that's slightly runny.



7 Persians

Unique to Thunder Bay, this cinnamon-bun-like treat is coated with a sticky pink icing flavoured with either strawberries or raspberries — the recipe remains a secret!



9 Bloody Caesar

Invented in Calgary in 1969, Canadians take this spicy vodka and tomato/clam juice cocktail for granted (350 million Caesars are served annually) until they try and order one outside of our borders.



10 Nanaimo Bars

There are many variations of this popular square, but they all feature yellow custard layered between a slab of chocolate and a coconut-graham crust.



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THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.



Experiencing frustrations in renovating a spare room into a nursery has first-time homeowner Matthew Chung hoping his baby gets the DIY gene he's missing. MARCUS OLENIUK/TORSTAR NEWS SERVICE

Baby, don't say your daddy never did anything for you

I'll be getting this child a toy tool set. This I solemnly swore to myself (in between other swearing) while struggling to install a new light fixture in what will soon be the nursery for me and my wife's first child.

Hopefully, impossibly, this baby girl or boy will be born with the DIY gene their dad is lacking.

For the past two years I've been working on making my east Toronto fixer-upper into a home my wife and I can be proud to live in. There's still much to do, but in that time I've gone from feeling incompetent to somewhat comfortable doing renovations.

Of course, just as I've started feeling more at ease with one challenge, those old feelings of self doubt and, frankly, fear of the unknown have returned as I prepare for my next "project" of raising a child.

Any day now, we will be bringing a little person home

Fresh challenges—and fears—await Matthew Chung with the remodeling of a spare room. This DIY dad has taken on the task of converting a guest space into a home nursery before his expectant wife gives birth to their first born. **MATTHEW CHUNG/LIFE@METRONEWS.CA**

with us and I have a feeling that my usual reno tactic of watching YouTube videos won't cut it when caring for a living, breathing human.

First though, I had the more familiar task of trying to remodel the spare room into a nursery. Here I was reminded that even things I thought I'd figured out could pose a fresh challenge. For instance, that light fixture I found myself struggling with was the fourth fixture I've replaced.

I'd removed the existing one (a square bit of slightly curved, frosted glass that lit the room poorly) and found myself eye-to-eye with the previous owner's

handiwork.

The fixture's junction box jiggled from side to side inside the ceiling and I realized it was secured on one end to a beam by a single screw. Not for the first time, I shook my head and wondered, "Why did they do it that way?" And not for the first time, I would soon realize the next owners of this house will likely be asking themselves the same question about me.

Still, I imagined this would be a simple task. But I hadn't paid proper attention when removing that old junction box and I struggled to thread the screws through two just-too-small holes. I even tried to force

the screws with a power drill but succeeded only in stripping them.

Belatedly, I realized I could feed the screws through wider, oval-shaped holes. Once I figured that out (and bought new screws), it got easier and the fixture was light enough that I could hold it in one hand and attach the wires with the other. Baby steps, I suppose.

Our other minor concern was the nursery's door, which was catching on the doorjamb and making loud popping noises. I consulted Google for a solution and decided to use a wood-shaping hand plane tool to shave down the corner of the door.

the light-grey crib together, as she was six months pregnant and getting up and down from the floor wasn't as much of a challenge for her.

My last contribution was painting a chestnut brown dresser a matching grey last month so it could be used as a change table/dresser stocked full of onesies. I moved the dresser outside and with a small roller, small hand brush and artist's brush, surprised myself by doing a half-decent job. My wife later added white and grey decals to the front drawers and hung a bit of wall art above it.

Now their room is ready when they are. As for the parents-to-be, we're as ready as we can be. **TORSTAR NEWS SERVICE**

Last week, Matthew Chung, 34, became the proud father of a healthy baby girl. A communications manager living in — and renovating — his first home, you can follow his progress on Instagram @mjchung.

Be prepared for builder mortgages

FINANCING

Building a home very different from buying one

Kristen Thompson

After owning two homes in two different provinces, we thought we were 'in the know' on the mortgage process. Then we found our dream property on an unfinished lot, listed the home we owned for sale, and quickly learned that the mortgage we needed to build a house was very different than the mortgage we needed to buy one.

"With the real estate market being so hot, more and more people are considering ... building new homes as an alternative to jumping into the market," says Rob Regan-Pollock, president of the Mortgage Brokers Institute of B.C. and an educator for the Canadian Mortgage Brokers Association.

"As ideal as this idea sounds to intrepid do-it-yourselfers, there are important considerations when it comes to financing the building of your dream home."

The first thing to understand is that builder mortgages come with more stringent lender qualifications, because lenders face additional risks including a longer time horizon during the build (where market values can fall),



Kristen Thompson and family found their dream property on an unfinished lot in Kelowna, B.C., and built a home. CONTRIBUTED

general liability, cost overruns, and that the lender only has a partially completed home as collateral security.

Down payment: The fundamental difference between a standard and a builder mortgage is the down payment.

"Builder mortgages are advanced in stages throughout the building process," says Regan-Pollock, adding that they typically require a minimum of 35 per cent down on the value

of the lot. "This means ... 35 per cent of the land and building costs need to be set aside as down payment, rather than the minimum 5 per cent down for purchases of existing homes valued under \$1 million."

Lenders also want to ensure that you have sufficient funds to get your build to 'lock-up', which is when the roof, doors and windows are installed.

What if I have an existing mortgage? The ability to port

a mortgage into a build depends entirely on whether your current lender offers builder mortgages, says Regan-Pollock.

"Most deposit-taking lenders, such as chartered banks, offer builder mortgages. In such cases, it's possible that your existing mortgage can be rolled into a separate tier under a builder mortgage program. If a build is planned, it's important to mention this at time of purchase, as penalties will apply to break your mortgage if you cannot port it

into a builder mortgage."

Penalties, which include having to pay three months interest on an outstanding balance, occur on closed mortgage contracts, adds Regan-Pollock.

It may also be possible to refinance your current home to access a down payment, and concurrently qualify for a new builder mortgage, but this depends on your resources and location.

"In this case we suggest a builder mortgage be arranged,

and when the build is nearing completion, the old home is sold, and the mortgage be ported to the new home to save penalties."

What are the terms of a builder's mortgage? The terms of builder's mortgages vary depending on the lender, says Regan-Pollock.

"What is common to all lenders is the rate of interest during construction is almost always based on Prime plus basis, depending on risk," he says. "Risk premiums vary between a 1 per cent to 3 per cent added to Prime."

During the construction process, applicants' minimum payments will be the interest.

Final words of advice: "Retain a good mortgage broker familiar with the nuances of builder mortgages," says Regan-Pollock. "Most acquisition and builds can take anywhere from one to two years, so having the right team who can assist at the relational versus transactional level is key."

A good mortgage broker could have helped lead our family down that road, explaining the different options available for moving from one type of mortgage to another.

Though, now complete, my husband likes to tell people this is our forever home, if it doesn't pan out to be, at least we know how to move forward if we ever want to build again, and maybe next time we'll hire a broker.

The long and short of it: a look at long-term vs. short-term mortgages

Interest rates have nowhere to go but up. No doubt you've heard that line if you've bought a home or had to renew your mortgage at some point in the past decade.

Most homeowners in Canada prefer fixed-rate terms for predictability and peace of mind, with five-year terms being the most popular.

For those looking for greater protection against (eventual) rising interest rates, a longer term may be worth a look. A 10-year fixed rate mortgage today can be had for as low as 3.69 per cent.

Another reason to consider a longer mortgage term: a safeguard against the possibility of a housing crash. What happens if prices fall 20 per cent or more in the next few years, wiping away your home equity before it's time to renew?

A 10-year term, while more expensive than a shorter term, does offer a double-dose of protection in case prices fall or

interest rates rise substantially.

Certified financial planner Ed Rempel doesn't buy the safety argument, saying that the risk of rising interest rates is "hugely exaggerated" in the media and by the mortgage industry.

"Long mortgage terms are marketed as 'insurance' to protect against a possible rise in interest rates. But most people are not good at math and don't take into account the extremely low odds of a large rise, plus the huge cost of the insurance," says Rempel.

A five-year fixed rate mortgage costs around 2.64 per cent today, while a two-year fixed comes in at 2.29 per cent.

Rempel says the difference doesn't sound like much, but on a \$300,000 mortgage this 0.35 per cent premium costs \$2,100 after tax for the first two years.

"This is expensive insurance to protect against a highly unlikely event," he says.

If long-term mortgages offer peace of mind (for a premium), a short-term mortgage — such as a one-or-two-year term — gives homeowners the opportunity to save money in exchange for a bit of uncertainty when it comes to future interest rates.

With a one-year term, for example, homeowners get more flexibility because they can renew their mortgage in 12 months instead of in three to five years. At that time they can renew into another one-year term, lock-in to a longer-term fixed term, or take a variable rate at presumably a better discount than today.

Those who opt for a one-year fixed rate can also lock-in their renewal rate in just six to nine months — they don't have to wait a full year.

So why don't more homeowners choose a one-year term? According to data from Mortgage Professionals Canada, just one in 16 borrow-

ers take a one-year fixed rate mortgage.

Rempel says that's because people don't want the headache of renegotiating every 12 months. But it could be a mistake to give up that negotiating power, he suggests.

"From a financial planning perspective, I find that most people can benefit from some type of refinancing every two years," he says. **ROBB ENGEN**

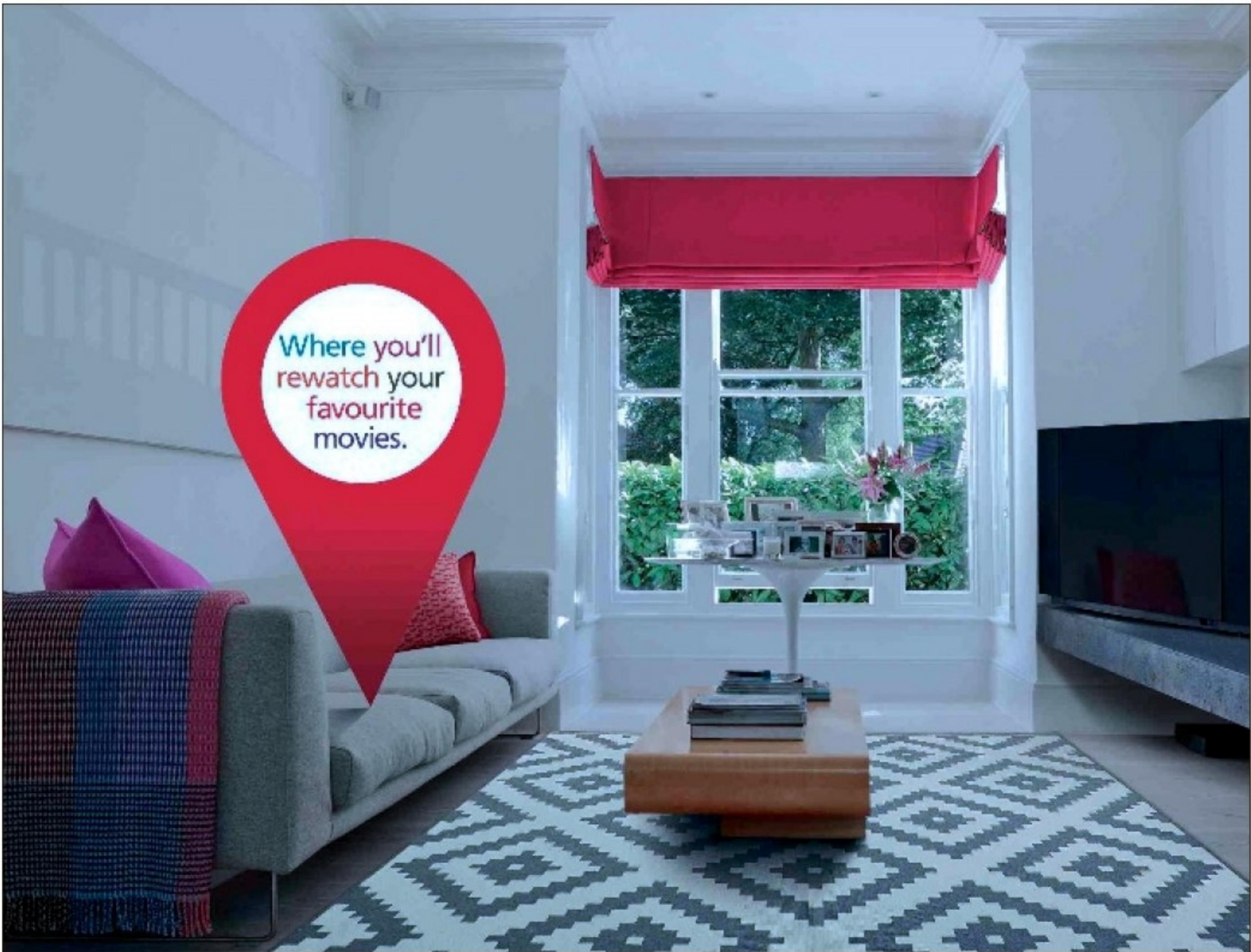
BOTTOM LINE

Despite its popularity, the five-year fixed rate could be the least advantageous term for borrowers. Those looking to save the most money year-over-year may consider a short term of one-or-two years, while homeowners looking for maximum peace of mind could find comfort in a 10-year mortgage term.



Most homeowners in Canada prefer fixed-rate terms for predictability and peace of mind. ISTOCK





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Stress test your mortgage

FINANCIAL FITNESS

Know how rate changes could impact your budget and overall lifestyle

Camilla Cornell

Last summer, with a baby on the way, Andrew Thompson and Marie-Andrée Furlong of Victoria, B.C., began looking for a home. "We were in an 18-and-over condo building," says Thompson. "And although I know that's kind of unenforceable, I didn't want to be in a legal battle with my neighbours."

But neither did the couple want to bite off more than they could chew. They were determined to put at least 20 per cent down on their mortgage so they could pay it down over 30 years, if necessary, and avoid the CMHC (Canadian Mortgage Housing Corp.) insurance fees for a high-ratio mortgage.

"The plan is to pay it down as aggressively as possible," says Thompson. "But we'd like to have a life and raise our kid on something other than cat food," Thompson says. "And you never know what will happen in future."

The upshot: instead of buying in central Victoria, the couple

chose a property just outside the city in Saanich "where the market wasn't quite so hot." Their son Arlo (born a month ago) will have a backyard and even a tree house. And, even if interest rates go up, or one of them experiences a job change, Thompson and Furlong will have payments they know they can afford.

It's a wise approach, says Wade Stayzer, vice-president sales and service with Meridian Credit Union in St. Catharines, Ont. Under new rules introduced last fall, new homebuyers, who are required to get CMHC insurance, must stress test their mortgages — essentially qualifying at an interest rate about 2 per cent higher than what is available on the market. The rules are intended to ensure that if mortgage rates rise, homeowners won't be forced to default.

But although the rules only apply to high-ratio mortgages (when you have less than a 20

You don't want to be so house poor you can't furnish your house and you can't do anything else but stay home

Wade Stayzer, Meridian Credit Union

per cent down payment), Stayzer says stress testing your mortgage is a wise tactic for pretty much any homebuyer. He suggests using Meridian's online mortgage calculator to test "how your mortgage would react to a 1 or 2 per cent change in interest rates and what impact that would have on your lifestyle and your financial fitness."

Regardless of how much a lender is willing to loan, says Stayzer, you should have a firm grasp on your budget and what you can really afford. "On top of your mortgage payment, there are a whole lot of other expenses associated with home ownership, from closing costs to property taxes, landscaping and maintenance costs," he says. "You don't want to be so house poor you can't furnish your house and you can't do anything else but stay home."

You should also have access to either emergency funds or a line-of-credit in case there's a change in your income. "Ask yourself questions like: 'If I'm on mat leave for a year on a reduced income, what impact does that have?'" Stayzer suggests.

Finally, protect your asset with mortgage insurance or cheap-term life insurance. "The last thing you want your family to have to deal with if you're no longer on this earth is where they're going to live," says Stayzer. "Even if you're young, you never know what will happen tomorrow."



Andrew Thompson and Marie-Andrée Furlong of Victoria, B.C., moved from a Victoria condo to a property just outside of the city to provide a house with a backyard for their newborn son, Arlo. CONTRIBUTED

Homebuyers increasingly choose to fly solo



With more and more Canadians choosing to buy houses on their own, experts advise potential buyers to establish how much they can afford in advance, and consider renting out a room or basement to help pay down the mortgage more quickly. ISTOCK

When Liz Falconer, 48, first took on solo home ownership back in 1997, she admits she was "terrified". Her marriage had just ended and she had a young son to provide for. "The mama bear in me kicked in," she says. "We needed a safe home." So she bought her husband out of their Toronto house.

She has never regretted the decision. In fact, just two years later, she took on another mortgage — this time for a cottage property in Thornbury, Ont. for personal use and to let — just before quitting her job and launching her own ad agency. Her thinking: "Better to get a mortgage now while I have a job, because I won't get one once I'm self-employed."

That led to a spate of home-buying which saw Falconer own and rent out an additional four properties at one point. "It may seem like twisted logic," she says. "But in some ways, you have to take more chances when you're single. You have to find ways to replace that other income."

Falconer is among a growing

cohort of Canadians opting to fly solo when it comes to home ownership. A new TD survey found single homeowners represent nearly a quarter of Canadians buying or intending to buy a home.

"Often the decision is driven by unexpected life circumstances," says Marc Kulak, associate vice president of real estate secured lending at TD Canada Trust. Nearly seven in 10 divorced homeowners and a third of those widowed, said they'd be likely to purchase a home on their own. And two-thirds of single Canadians said they'd buy a house solo. "Sometimes people don't meet their life partner and settle down until later in life, but they don't want to delay getting into the market while waiting for a partner," says Kulak.

And, he points out: buying a home on your own doesn't necessarily mean living alone. When Kulak bought his first home in East Gwillimbury, Ont., 12 years ago, he was single, but he took on a roommate. "Having that

rental income can really help you pay down the mortgage more quickly," he says. "But I think it's important that — when qualifying for a home — you can carry the mortgage without the rental income. That gives you the flexibility to decide (if) a roommate or tenant is not for you."

Before getting caught up in a house search, Kulak advises seeking solid financial advice to figure out how much you can really afford. TD's mortgage affordability calculator takes into account the myriad costs many new homeowners forget about, from property taxes to home insurance and ongoing maintenance.

It's also a good idea to enlist a "home-buying buddy" to "provide that objective voice as you visit properties, negotiate and close on a new home," says Kulak. His parents fulfilled that role for him.

Finally, it's crucial to safeguard what is probably your biggest asset. That means getting homeowner's insurance that will protect you under various circumstances. **CAMILLA CORNELL**

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SPORTS

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Pens face tougher Capitals

NHL PLAYOFFS

Washington have reinforced since last year's loss in Round 2

The Washington Capitals and Pittsburgh Penguins arrive at their latest showdown looking very much like they did a year ago. It's the little things that might matter most this time around.

The Capitals added centre Lars Eller and defenceman Kevin Shattenkirk as a direct response to losing their

I feel better about our team going into it this year than I did last year.

Caps blue-liner John Carlson

"This is a unique situation — both teams have a lot of guys back," Penguins centre Matt Cullen said. "It's not often with the salary cap and everything that you bring a similar team back. It makes for an interesting matchup."

The stars are again aligned for Alex Ovechkin, Nicklas Backstrom, Braden Holtby and the Capitals to face off against Sidney Crosby, Evgeni Malkin, Phil Kessel and the Penguins. Familiarity should breed quick contempt, but Washington's changes are what players think will flip the script.

"I feel better about our team going into it this year than I did last year, that's for sure," Capitals defenceman John Carlson said. "We can attack from different ways, and we can find ways to score

throughout the lineup. I just think a lot of guys are playing better than they did last year."

That's a shout out to second-line centre Evgeny Kuznetsov, who struggled after March last year but played an essential part of the first-round series this season against the Toronto Maple Leafs by defending Auston Matthews. Defencemen



Sidney Crosby had seven points in five playoffs games this spring, third on the Penguins behind Phil Kessel (eight) and Evgeni Malkin (11). ROB CARR/GETTY IMAGES

Dmitry Orlov and Nate Schmidt are also much improved after being scratched during the 2016 playoffs.

The Penguins are rolling again after eliminating Columbus, but the absence of Letang is significant after he logged 31:36 of ice time per game last year.

"Obviously they lost key player, Letang," Ovechkin said. "It's



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IN BRIEF

Peterson joins New Orleans

Adrian Peterson, the NFL's most productive running back for much of the past decade, has decided to head into the twilight of his career as a potential backup in New Orleans' pass-happy offence.

The Saints on Tuesday came to terms on a two-year contract with Peterson, a 10-year veteran who has posted seven 1,000-yard seasons with Minnesota and once eclipsed 2,000 yards. Saints coach Sean Payton said he envisions a productive role for Peterson, who is coming back from a 2016 meniscal tear. THE ASSOCIATED PRESS

A successful return for Sharapova after 15 months

Looking relieved, Maria Sharapova went through her familiar routine of waving to the crowd and blowing kisses after winning her first match on her return from a 15-month doping ban on Wednesday.

The five-time Grand Slam champion and former No. 1 beat Roberta Vinci 7-5, 6-3 in the opening round of the Porsche Grand Prix.

"It was the best feeling in the world," Sharapova said about stepping on court again for a professional match. "I have been waiting for this a long time." THE ASSOCIATED PRESS

Tottenham beats Palace and trims Chelsea lead

Tottenham trimmed Chelsea's lead to four points again by edging past Crystal Palace 1-0 on Wednesday, with Christian Eriksen clinching the north London team's eighth successive Premier League win.

Top-scorer Harry Kane teed up Eriksen to unleash the dipping shot from around 25 yards in the 78th minute into the bottom corner of the net. Spurs' bid for a first title since 1961 rests on Chelsea dropping points on the five-game final stretch. THE ASSOCIATED PRESS

NBA PLAYOFFS

Rockets, Cavs waiting for Spurs and Raps to finish up



Raptors shooting guard DeMar DeRozan GETTY IMAGES

LeBron James and the champs are ready for their next challenger. James Harden and the Rockets are getting revved up in Texas.

With their opponents waiting, Toronto and San Antonio will try to set up a pair of second-round showdowns in the two Game 6s on the schedule Thursday night.

The Raptors can finish off the

Milwaukee Bucks and move on to a rematch with the Cleveland Cavaliers, while the Spurs can knock out the Memphis Grizzlies and secure a Lone Star State tussle with the Rockets.

Gregg Popovich and the Spurs value rest as much as any organization, and there won't be much if they lose Thursday and are forced to play a Game 7 back home on Saturday night. They would then host the Rockets in Game 1 on Monday night, a short turnaround before having to chase Houston's shooters all over the perimeter.

So the Spurs will be driven to get their elusive first victory in Memphis this season.

"They're coming to kill us. They're trying to put us out of our misery," Grizzlies coach

is Monday, and the Cavaliers will get plenty of rest after sweeping Indiana in the first round. The Raptors were already on fumes by the time they faced the Cavaliers in last year's East finals after having to go seven games in the first two rounds, so would love to make things a little easier on themselves now.

"It's something that is in our minds, going on the road and understanding how they may feel and we've got go out there and really treat it like a Game 7," all-star guard DeMar DeRozan aid. THE ASSOCIATED PRESS

David Fizdale said. "If you don't know anything about them, they're killers. We have to come out with a mentality to impose our will on the game."

Game 1 of the Eastern Conference semifinals in Cleveland also

MAKE IT TONIGHT

Cheesy Roasted Pepper Penne



PHOTO: MAYA VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

If you love the sweet flavour roasting gives to vegetables then you'll put this recipe on repeat.

Ready in 35 minutes

Prep time: 15 minutes
Cook time: 20 minutes
Serves 4

Ingredients

- 500g penne
- 4 peppers (an assortment of red, yellow and orange)
- 2 shallots, sliced
- 1/4 cup olive oil, plus 1 Tbsp
- salt
- 1 large clove garlic
- pat of butter
- 1/2 cup shredded Asiago cheese
- big handful of fresh basil leaves, chopped

Directions

1. Preheat oven to 400 and

prepare a baking sheet with non-stick spray.

2. Dice peppers into bite-sized pieces and slice shallots into strips. Toss with 1 Tbsp of olive oil and salt. Roast until tender and browned, about 15 to 20 minutes.

3. In a big pot of salted water, prepare pasta according to package directions. Before draining, reserve 1/4 cup of pasta water.

4. Place drained pasta back into the pot over no heat. Stir in reserved water, about 1/4 cup oil and pat of butter. Using a micro plane, grate garlic into pasta.

5. Stir in the roasted peppers and cheese. Stir in basil and then sprinkle the top with a bit more cheese, serve and enjoy.

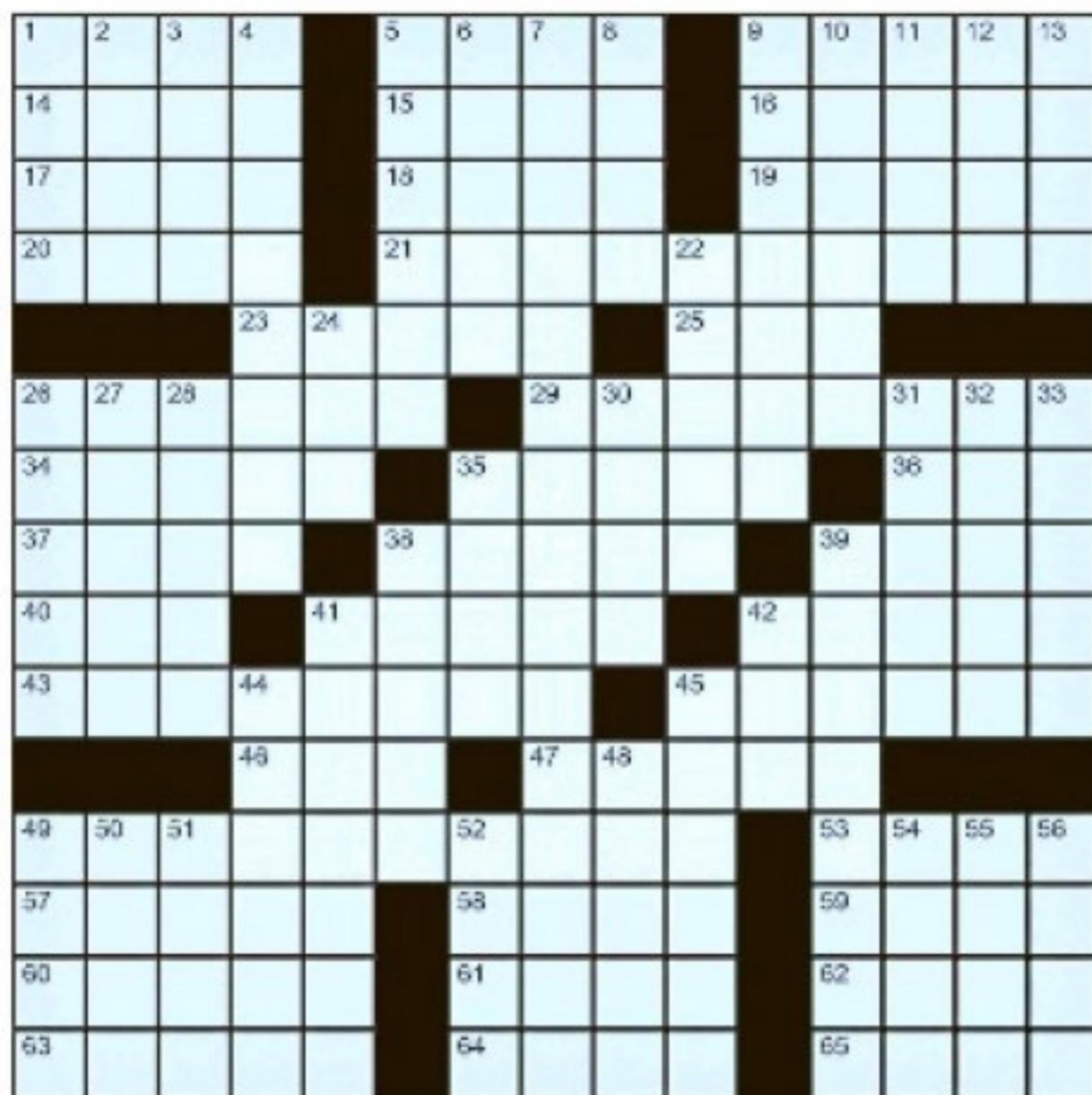
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Allied group
5. Curve
9. 1931: The Good Earth novelist, Pearl _
14. Prefix that means 'To the left'
15. Christian of 'Batman' movies
16. Vaclav _ (Playwright who was the President of Czechoslovakia in the early 1990s)
17. Santana song: " _ Ways"
18. Pet bat on "The Munsters"
19. Ms. Graff of "Mr. Belvedere"
20. "White Flag" songstress
21. Co-couples event for dinner and a movie: 2 wds.
23. Use a debit card
25. Arctic knife
26. Fancily-uniformed cavalryman of 15th-century Hungary
29. Sports: Wendel Clark was the first pick during it '85: 2 wds.
34. Mr. Hawke
35. Sword fights
36. Scale's sixth sound
37. Currency in Oman
38. Lace-trimmed undergarments, for short
39. Chomp
40. Former
41. Sorts of freshwater fish
42. Army assistants
43. Depict
45. Canuck band, _ Fire
46. "Shallow" _ (2001)
47. Pass on the information
49. In sports, hands are held in a T-shape for one: 2 wds.
53. "On the Waterfront" (1954) actor, Lee J. _
54. Read, in Quebec City
59. Ms. Falana
60. _ truck
61. Exclusively
62. One-of-some in a delivery bag, for short
63. _-level position
64. Belonging to the singer of "Halo", to fans
65. Singer of "The Sweetest Taboo"



DOWN

1. Was cut, did this
2. _ Strauss & Co.
3. Roman love poet
4. Stupendous
5. Rules respecter

6. Really criticize: 2 wds.
7. Bryan Adams tune that goes "And the moon is out and the stars are bright...": 3 wds.
8. Music's Peaches & _
9. Brooke of "Sud-
10. Town in southern Manitoba named after one of Norse deity Odin's sons
11. Iris's place
12. Rapper 50
13. Emily Carr book, _ Wyck
22. Quiet times
24. Criticize
26. Masada builder, the Great
27. Handy
28. Herring-like fishes
30. "Who does he think _-!?"
31. Ms. Valli of "The Third Man" (1949)
32. Destined
33. This stuff
35. Coat, as with plaster
38. Red Hot _ Peppers
39. Two-wheelers
41. In an unrefined way
42. _ Vos Prec (T.S. Eliot poetry volume)
44. Gum enjoyer
45. Garbage can areas downtown
48. Late's opposite
49. Sticky Scotch stuff
50. Mr. Lendl of tennis
51. State bordering Sask.
52. Clump of food
54. Eugene O'Neill's daughter
55. Norma's has a 'l'l Sunset'
56. Foundation

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This month is an excellent time for you to buy wardrobe items for yourself. It's also a wonderful time to schmooze with others.

Taurus April 21 - May 21
You might want to cocoon at home more than usual or hide somewhere during the coming month, because solitude in beautiful surroundings will appeal to you. Enjoy the good life.

Gemini May 22 - June 21
During the month ahead, you will be more involved with younger people and creative, artistic types than usual. Share your goals and dreams with someone.

Cancer June 22 - July 23
Relationships with bosses, parents and authority figures will be particularly warm and supportive for the next month. Some of you might strike up a romance with a boss.

Leo July 24 - Aug. 23
Travel for pleasure will appeal to you in the next month. Do something to get a change of scenery, because your appreciation of beauty will be heightened.

Virgo Aug. 24 - Sept. 23
Throughout the next month, gifts, goodies and favors from others will come your way. Lucky you! Keep your pockets open.

Libra Sept. 24 - Oct. 23
Relationships with partners and close friends will improve in the next month. This also is a good time to mend broken fences.

Scorpio Oct. 24 - Nov. 22
Many of you will make your workspace more attractive during the next month. Some of you will get praise, and a few will get a raise!

Sagittarius Nov. 23 - Dec. 21
Romance, vacations, playful times with children, sporting events and the arts will be wonderful sources of fun for you in the next month. Make plans to enjoy yourself!

Capricorn Dec. 22 - Jan. 20
Go forward with redecorating plans for where you live during the next month. You also will enjoy entertaining at home.

Aquarius Jan. 21 - Feb. 19
You will notice more beauty in your daily world throughout the next month. You also will discover how much love there is in your everyday world.

Pisces Feb. 20 - March 20
Financial matters will bless you in the coming month. (You might boost your income in some way.) Many of you also will shop for beautiful things for yourselves and loved ones.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5	9	4	6	2	7
4	3			5	7
					4
8		6			2
3	4			6	1
9			4		5
	1		6		
5	6			8	3
4	5	2	3	1	

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